# **DIAMOND DIET:** What to eat whether you play baseball or just watch | **Inside**



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# Tuesday



In the Lead: Romney crushes GOP field in campaign cash | 3

'Positive Changes': Iran, U.K. aim to avert showdown | 6



#### **Bad Break:**

Wiz lose Butler for six weeks as playoffs near | 23

#### ENTERTAINMENT



#### **Weather** >> Mostly Sunny



#### Justices rebuke Bush administration on global warming last year to hear its first WASHINGTON | The Supreme Court rebuked from new cars and trucks under the landmark environment law, and the "laundry list"

**Ruling Backs Pollution Curbs** 

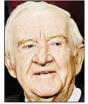
the Bush administration Monday for its inaction on global warming in a decision that could lead to more fuel-efficient cars as early as next year.

The court, in a 5-4 ruling in its first case on climate change, declared that carbon dioxide and other greenhouse gases are air pollutants under the Clean Air Act.

The Environmental Protection Agency has the authority to regulate those emissions of reasons it has given for declining to do so are insufficient, the court said.

"EPA has offered no reasoned explanation for its refusal to decide whether greenhouse gases cause or contribute to climate change," Justice John Paul Stevens said in the majority opinion.

The politics of global warming have changed dramatically since the court agreed



Stevens

case on the subject, with many Republicans as well as Democrats now pressing for action. However, the administration has argued for a voluntary approach rather than new regulation.

The reasoning in the court's ruling also appears to apply to EPA's decision not to impose controls on global warming pollution from power plants, a decision that has been challenged separately. (AP)

# Nats Take a Beating on Opening Day, 9-2



SIGNED UP: Washington Nationals relief pitcher Chad Cordero signs autographs Monday at RFK Stadium before the team's season opener against the Florida Marlins. The Marlins battered the Nats, 9-2, in manager Manny Acta's first game in D.C. . Injury to insult: Nats lose two starters in loss | Page 19

MEDICINE | Take Your Dirt Pill Getting dirty won't necessarily get you down. Lung cancer patients exposed to bacteria found in soil found that their moods were lifted. And mice given the same stuff had higher levels of serotonin, which is linked with



happiness, according to a study published in the journal Neuroscience. The new info "leaves us wondering if we all shouldn't spend more time playing in the dirt," head researcher Chris Lowry told BBC News. (EXPRESS) EyeOpeners | Page 2

# Openers

#### MASCOTS

#### Hey, It's the Easter Hemorrhagic Fever

Chocolate religious icons are bad (see far right). But to one group in New Zealand, chocolate bunnies are worse. Environment Canterbury feels the rabbit—a pest that devours plant life and causes erosion—is not an appropriate hol-

iday symbol, and has asked residents to dream up a new Easter mascot, the New Zealand Press Association reported. For years, the rabbit population was controlled by hemorrhagic diseases, which caused the little buggers to bleed to death, but the technique's effectiveness is dwindling. The group held a similar contest in 1997, and the winner was the Easter kiwi — the bird,

#### **ROAD TRIPS**

# Dad, Billy's Foot's on My Side of the Trunk!

An Oregon man who briefly drove with two teenage kids in the trunk

of his car because there wasn't room in the back seat has been arrested. (The children are fine.) Douglas Willy, 40, was caught Saturday after police received a tip from someone at a gas station. Willy, his fiancee and their four kids were taking a trip, but the car didn't fit all six. So, he decided two would ride in the trunk, to avoid taking a second car. Police said a 12-year-old and 13vear-old were in the trunk for about 20 miles. (AP)



#### REVENANTS

# Walk for Non-Life

Remember flash mobs? Protest marches? Happenings? The latest fad in group activities is the Zombie Walk. Already active in Canada and New York, the dead marched upon Brisbane, Australia, on April I. Much like a St. Patrick's Day parade, the walks require participants to stagger around urban areas for fun. Unlike St. Patrick's Day parades, they must dress ghoulishly and paint themselves with fake blood. (EXPRESS)



Coming soon to a drugstore near you?

#### CANDY

#### **Cadbury Is Intrigued**

An anatomically correct chocolate sculpture of Jesus infuriated Catholics, but the artist says offers to buy or exhibit the piece have been pouring in. Cosimo Cavallaro said that, because of threats, he had stored the sculpture in a refrigerated truck in an undisclosed location. The controversy spurred thousands of e-mails from people offering help, donations and exhibition space. (AP)



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American Bar Association approved program. Students must have a bachelor's degree. Paralegals may not provide legal services directly to the public, except as permitted by law. The percent New Century Financial Corp. cut its work force on Monday. The subprime mortgage lender is facing bankruptcy amid a spike in mortgage defaults caused by borrowers unable to make payments.

## **Nation**

#### In Brief



A couple waits to be escorted inside the University of Washington Monday.

#### **SEATTLE**

## 2 Shot to Death at the University of Washington

A man and a woman were shot to death in the University of Washington's architecture building Monday morning in an apparent murdersuicide, university police said. Officers found the two and a handgun in an office on the fourth floor of Gould Hall, Assistant University Police Chief Ray Wittmier said. The female victim had a restraining order against the man, who "almost certainly" shot her and took his own life, Wittmier said. (AP)

#### **NEW YORK**

#### Washington, D.C., Cab Driver Pleads Guilty in Terror Case

A Washington, D.C., cab driver who admitted he attended terrorism training camps in Pakistan pleaded guilty Monday to conspiring to help a terrorist organization. Mahmud Faruq Brent Al Mutazzim, of Gwynn Oak, Md., agreed to serve 15 years in prison rather than face a potential sentence of more than 20 years had he been convicted at trial. (AP)

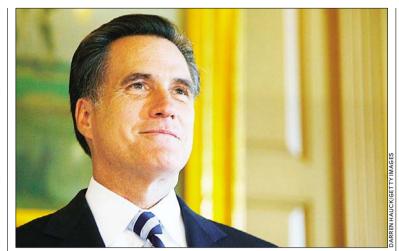
# Romney Leads GOP in Fundraising

## Presidential hopeful scores \$23 million; Giuliani, McCain trail

BOSTON | Mitt Romney blew away the top-ranked Republican presidential candidates in fundraising, while one time GOP front-runner Sen. John McCain reported just over half Romney's \$23 million haul.

Former New York City Mayor Rudy Giuliani, who has amassed a sizable lead in national popularity polls of GOP candidates, reported raising \$15 million in the first three months of 2007 — more than McCain, R-Ariz., but still considerably less than Romney.

The former Massachusetts governor's first-quarter tally put him on pace with Sen. Hillary Rodham Clinton of New York, the leading Dem-



Republican presidential candidate and former Massachusetts Gov. Mitt Romney has raised nearly as much money as Democratic candidate Sen. Hillary Rodham Clinton.

ocratic candidate. On Sunday, she reported raising \$26 million.

eported raising \$26 million. "People are having a positive reaction to him and are willing to open up a vein for him," David King, a professor at Harvard's John F. Kennedy School of Government, said of Romney.

Giuliani, meanwhile, reported raising nearly \$17 million since forming his presidential exploratory committee in November. He also had \$11 million cash on hand as of Saturday, according to his aides.

McCain tried to lower expectations for his fundraising last week, saying he didn't like to raise money, had gotten off to a late start and was "going to pay a price for it."

Republicans in Washington have privately said that McCain's rate of spending has been alarming.

While McCain acknowledged he "hoped to do better," his campaign manager, Terry Nelson, said: "Fundraising in the first quarter is no more important than fundraising throughout the entire primary election campaign." (AP)

# Reid May Work to End Iraq Funding

#### Senator promises new action if Bush vetoes withdrawal legislation

WASHINGTON | Senate Majority Leader Harry Reid said Monday he wants to cut off money for the Iraq war next year, making clear for the first time that Democrats are willing to pull out all the stops to end U.S. involvement.

Reid's strategy faces an uphill battle because many of his colleagues see yanking funds as a dangerous



Senate Majority Leader Harry Reid wants to cut off funds for the Iraq war next year.

last resort. The proposal increases the stakes on the debate and marks a new era for a Democratic leadership once reluctant to talk about Congress' power of the purse.

"In the face of the administration's stubborn unwillingness to change course, the Senate has no choice but to force a change of course," said Sen. John Kerry, D-Mass., who signed on Monday as a co-sponsor of Reid's proposal with Sen. Russ Feingold, D-Wis.

The move is likely to intensify the Democrats' rift with the administration, which already contends Democrats are putting troops at risk by setting deadlines. (AP)

# Detainee Appeal Rejected for Now

WASHINGTON | The U.S. Supreme Court on Monday declined for now to review whether Guantanamo Bay detainees may go to federal court to challenge their indefinite confinement. Several justices made clear they will be sympathetic to further requests from the detainees. In February, a court of appeals upheld a key provision of a law the Bush administration pushed through Congress last year stripping federal courts of their ability to hear legal challenges from the detainees. (AP)



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Principal Investigator



#### **Nation**



Amish children, accompanied by an adult, are greeted by a state police trooper who is guarding a road to the newly opened schoolhouse in Nickel Mines, Pa.

# **Amish Students** Seek Fresh Start

#### Schoolhouse opens for the survivors of last fall's shooting

NICKEL MINES, PA, | Amish children carrying lunch pails arrived at a new one-room schoolhouse Monday morning, marking a fresh beginning for students who survived the shooting that killed five classmates last fall.

The New Hope Amish School sits a few hundred yards from the spot where the killings took place. The school is protected by more sophisticated locks on its doors and is reachable only by a private drive.

"For an Amish one-room schoolhouse, this one is spectacular," said Bart Township zoning officer John Coldiron.

It replaces the West Nickel Mines Amish School, which was torn down Oct. 12. Ten days earlier, milk truck driver Charles Carl Roberts IV shot 10 girls inside the school and then committed suicide as police closed in.

Retired teacher Dan Baughman said students were excited about the new school. They had been attending class in a garage-type building since the shooting.

"They're elated that they have a new school, but, nevertheless, it's going to bring back forcefully that day six months ago," said Baughman, 81, who has lived in the community since the 1960s.

The new school's construction costs were paid for in part with a portion of more than \$4 million in donations to the Nickel Mines Accountability Committee, the primary organization collecting donations on behalf of the victims.

Donations have also helped provide care for the five wounded girls who survived the shooting. (AP)

#### HEARSAY | RETIRING FROM THE FORCE



"Mayor [Richard] Daley has given me a once-in-a-lifetime opportunity to lead the best police department in the country, and I thank him for that."

-CHICAGO POLICE SUPERINTENDENT PHILIP J. CLINE. ANNOUNC-ING HIS RETIREMENT ON MONDAY. THE DEPARTMENT IS FACED WITH TWO VIDEOTAPED BEATINGS INVOLVING OFF-DUTY POLICE OFFICERS

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# FILENE'S BASEMENT

Where Bargains Were Born

# World



**EN ROUTE:** The Gumball 3000 Rally — the celebrity-packed, high-speed dash across Europe in a variety of souped-up vehicles — will include Albania in its route this year, as organizers attempt to help the tiny Balkan country promote tourism.

# Softer Tones in Iran, U.K. Standoff

#### Angry rhetoric ebbs in sharp dispute over detained British crew

TEHRAN, IRAN | Iran and Britain signaled possible movement toward ending the standoff over 15 detained British sailors Monday, with Tehran promising to stop airing video confessions and London saying it's willing to discuss ways to avoid boundary confusion in the Persian Gulf.

The quieter tone from both capitals raised hopes the 11-day standoff

might be solved soon. But optimistic signs emerged before, only to be followed by a hardening of positions and tough rhetoric.

Iran's chief international negotiator, Ali Larijani, said his country wanted to resolve the crisis through diplomacy and added that he saw no need to put the crew on trial. He had suggested last week the captives might be tried for allegedly intruding into Iranian waters.

Iran's priority "is to solve the problem through proper diplomatic channels," Larijani told Britain's Channel 4 television news.

The British government responded to Larijani by saying that both it and Iran had a "shared desire to



Larijani

make early progress" in resolving the dispute. Earlier Mon-

day, an Iranian state-run television station said all 15 of the detained Royal

Navy personnel had confessed to illegally entering Iranian waters before they were captured.

However, Iranian state-run

radio said the confessions would not be broadcast because of what it called "positive changes" in the negotiating stance of Britain, whose leaders have been angered by the airing of videos of the captives.

The radio did not elaborate on the supposed changes by the British.

But in London, a British official, speaking on condition of anonymity because of the sensitivity of the issue, said Prime Minister Tony Blair's government had agreed to consider ways to avoid such situations in the future. NASSER KARIMI (AP)



African Union peacekeeping troops patrol part of Mogadishu on March 23.

# 381 Killed In Somalia, Group Says

#### New casualty figures come as thousands flee fighting in capital

MOGADISHU, SOMALIA | Fierce fighting between Ethiopian-backed government forces and Islamic insurgents in Somalia's capital has killed nearly 400 people — mostly civilians — in the past four days, a Somali human rights group said Monday.

The fighting abated long enough Monday to allow thousands of people to flee the ruined coastal city. Some 47,000 people have abandoned their homes in the last 10 days, according to the U.N. refugee agency.

Monday's lull appeared to follow a truce between Ethiopian forces and insurgents, brokered by the capital's dominant clan. But Deputy Defense Minister Salad Ali Jelle said the accord was "null and void," and warned residents to go because the fighting could resume at any time to "clean al-Qaeda elements from Mogadishu."

The casualty figures were the first to be compiled since the battles began Thursday, said Sudan Ali Ahmed, chairman of the Elman Human Rights Organization.

The group said 381 people were killed in the fighting, which started when Ethiopian troops with tanks and attack helicopters launched an offensive to crush insurgents linked to an Islamic group driven from power in December. (AP)

#### In Brief

KIEV, UKRAINE

#### Amid Political Turmoil, Yushchenko Calls Early Poll

President Viktor Yushchenko dissolved Ukraine's parliament and called for early elections Monday, but parliament refused to acknowledge the order and vowed to contin-



Yushchenko

ue meeting as the country slipped further into political turmoil. The deadlock follows months of maneuvering by Yushchenko and his rival, Prime

Minister Viktor Yanukovych, and signals the possible return of political rallies to the streets of Kiev — two years after mass protests helped propel Yushchenko to power. (AP)

VATICAN CITY

## Benedict Signals Support For John Paul Sainthood

Pope Benedict XVI said Monday the case to make Pope John Paul II a saint was progressing quickly, indicating on the second anniversary of the pontiff's death that he, too, was fully in favor of canonization. "In the communion of saints, it seems we can hear the living voice of our beloved John Paul II, who from the house of his father, we are sure, continues to accompany the Church," Benedict said during an open-air Mass in honor of John Paul. (AP)



IN HARM'S WAY: Injured Iraqi girls cry at a hospital in the oil-rich northern city of Kirkuk on Monday after a suicide bombing.

# Suicide Bomber Kills 15, Injures 200

Several schoolchildren are hurt in attack on Kirkuk police station

BAGHDAD | A suicide truck bomber, his deadly payload hidden under bags of flour, crashed into a police station in a Kurdish neighborhood in the disputed city of Kirkuk on Monday. At least 15 people were killed, including a newborn girl and a U.S. soldier, and nearly 200 were wounded.

Several girls walking home from school were among those wound-

ed in the bombing, a possible prelude to far greater violence to this oil-rich city 180 miles north of the capital. The attack came just days after the government adopted a plan to relocate thousands of Arabs who were moved to Kirkuk decades ago in Saddam Hussein's campaign to displace the Kurds.

Doctors worked in a scene of bloody pandemonium as the wounded were brought to the emergency room. There was barely room to move. Many of those being treated appeared to be either very young children or schoolgirls, many crying with blood spattered on their clothes. Several badly mutilated dead bodies filled the back of a police pickup truck as a U.S. helicopter flew overhead.

Bombings elsewhere in Iraq killed at least 12 people and wounded more than 40, and police found the bodies of at least 35 victims of sectarian killings. (AP)

Warring words: The Post's Thomas E. Ricks discusses the debate in Washington over what course to follow in Iraq. | washingtonpost.com/liveonline at 2:30 p.m.

The increase in the number of Arab billionaires over the past year, compared to the world average increase of 19.3 percent, Forbes Arabia reports. Thirty billionaires from the Arab world with a net worth of \$125 billion are among the world's 946 billionaires.

World

# **Hundreds Homeless After Tsunami**

#### At least 13 killed after quake triggers surge on Solomon Islands

HONIARA, SOLOMON ISLANDS | Bodies floated out to sea and thousands of residents camped out overnight Tuesday on a hillside above a devastated town in the western Solomon Islands after a tsunami that struck without warning washed away coastal villages, killing at least 13 people. The death toll was expected to rise.

A wall of water reportedly 30 feet high struck the island of Choiseul and swept a third of a mile inland, while smaller but still destructive waves surged ashore elsewhere in the western part of the impoverished archipelago, causing widespread damage and leaving thousands homeless.

The tsunami was triggered by a magnitude 8 quake that struck early Monday six miles beneath the sea floor, about 25 miles from



**DISPATCHING AID:** Police in the Solomon Islands' capital of Honiara load water and other emergency items for shipment to quake and tsunami victims on Monday.

the western island of Gizo and 215 miles northwest of the Solomons' capital, Honiara, the U.S. Geological Survey said.

The quake — the strongest in

the Solomons in more than three decades — set off tsunami alarms from Tokyo to Hawaii and closed beaches along the east coast of Australia more than 1,250 miles away.

Lifeguards with bullhorns yelled at surfers to get out of the water at Sydney's famous Bondi Beach.

Up to 4,000 people were camped on a hill behind Gizo, a town of about 7,000, said Alex Lokopio, premier of hard-hit Western Province. Floodwaters subsided, but the Red Cross reported about 500 houses were damaged or destroyed, leaving 2,000 homeless. Many people were too scared to return to the coast amid more than two dozen aftershocks, including at least four of magnitude 6 or stronger.

Initial reports from other islands suggest similar or worse levels of damage, the Red Cross said. Because of Gizo's proximity to the quake's epicenter, the tsunami struck before an alarm could be sounded.

"There wasn't any warning — the warning was the earth tremors," Lokopio told New Zealand's National Radio. "It shook us very, very strongly and we were frightened, and all of a sudden the sea was rising up." George Herming (AP)

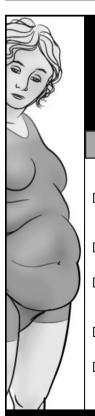
#### Gunmen Kill 5 AU Troops in Sudan's Darfur

N'DJAMENA, CHAD | Gunmen killed five African Union peacekeepers in Sudan's troubled Darfur region along the border with Chad, the AU said Monday — the deadliest attack on the force since it deployed three years ago.

The deaths underscored Darfur's growing violence and are likely to intensify pressure on Sudan to drop its opposition to a bigger and better armed U.N. peacekeeping force deploying in Darfur.

The five peacekeepers were guarding a "water point" in the area of Kurni, West Darfur, when the gunmen attacked Sunday evening, killing four of the soldiers and mortally wounding the fifth, who died Monday, AU spokesman Noureddine Mezni said.

It was the deadliest attack on the 7,000-strong AU force in Darfur and raised to 16 the number of peacekeepers killed since its deployment in 2004. (AP)



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www.cnswebsite.com



# Money

# \$8.2B Buyout for Tribune

#### Real estate magnate Zell wins bidding war for media company

CHICAGO | Real estate mogul Sam Zell won the battle of the billionaires Monday, landing media conglomerate Tribune Co. after a down-tothe-wire bidding war.

Even with the buyout's \$8.2 billion price tag, the outlook for the nation's second-largest newspaper publisher remained as uncertain as it did six months ago when it began a strategic review to boost a lagging stock price.

A big chunk of new debt also will be required to pay the \$34-ashare cash buyout. Zell is counting on repaying the debt largely through tax benefits from a new employee stock option plan that would supplement existing retirement accounts for the company's 20,000 workers.

Aside from selling the Chicago Cubs baseball team and its stake in Comcast SportsNet, Zell and Tribune executives were

mum about prospects for the rest of the company's assets, including 23 television stations and nine newspapers ranging in size from the Los Angeles Times and the Chicago Tribune to the Daily Press in Newport News, Va., that will remain after two papers in Connecticut are sold.

"Whether someone whose experience is in commercial real estate — in steel and cement and bricks and leases — can navigate the ungainly media structure for success remains to be seen," said Rich Hanley, a journalism professor at Quinnipiac University. "This is unlike any other business he's touched. ... The stakes are very high."

The company's deal with Zell has a relatively small breakup fee — \$25 million — leaving open the possibility of another counter bid from Los Angeles billionaires Eli Broad and Ron Burkle, who also submitted \$34-per-share offers for Tribune. ASHLEY M. HEHER (AP)



7ell

# **EMI to Drop Copy Limits on Music**

LONDON | EMI Group PLC will begin offering downloads of its music on Apple Inc.'s iTunes music store starting next month minus anti-piracy software that limits its use on some players, following a deal announced Monday that is expected to prompt a sea change in the global digital music industry.

EMI — the world's third-largest music label and home to the Rolling Stones, Norah Jones, Coldplay, and

Kylie Minogue — said it is responding to an overwhelming demand from music buyers who want the ability to download tracks onto different devices.

The iTunes Web site will be the first online retail outlet to sell the new "premium" package from EMI, which will offer all the record company's online content without restrictive anti-piracy software and with enhanced sound quality. Despite speculation ahead of the announcement, however, the Beatles will remain off-line, in the absence of a deal with the Fab Four's music company, Apple Corps Ltd.

The Apple site will offer the new premium tracks alongside the existing "standard" tracks, charging \$1.29, or an extra 30 percent, for the EMI singles. Albums will be offered in both formats at the same price. Jane Wardell (AP)

#### **Market Action**

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ainers				Gainers			
OCK	LAST	DAILY Change	DAILY Percent Change	STOCK	LAST	DAIL Chan	

STOCK	LAST	DAILY Change	DAILY Percent Change	STOCK	LAST	DAILY Change	DAILY PERCENT CHANGE
FirstData s	32.45	+5.55	+20.6	SBE rs h	4.00	+1.55	+63.3
Valhi s	14.90	+1.70	+12.9	GlobImg s	28.64	+9.14	+46.9
LenoxGrp	7.26	+.68	+10.3	BookMill	17.58	+3.34	+23.5
GaGulf	17.75	+1.54	+9.5	Catuity	2.63	+.43	+19.5
Telltalia	31.32	+2.66	+9.3	lomai	4.75	12	-2.4
Losers				Losers			
M&T Bk	105.95	-9.88	-8.5	AllotCm n	7.11	-2.04	-22.3
IntstHtls	5.83	48	-7.6	Nucryst	3.47	59	-14.5
Bank Atl A	10.18	73	-6.7	Adstar	2.08	30	-12.6
PopeTal	6.30	45	-6.7	Opnext n	12.96	-1.83	-12.4
AREst	112.00	-7.05	-5.9	HseTaylor	2.56	34	-11.7

Rates		Currency (Dollars in foreign currency				
Daima Data	CURRENT	PREVIOUS WEEK	Duisiala Dannad	TODAY	PREVIOUS DAY	

	CURRENT	PREVIOUS WEEK		TODAY	PREVIOUS DAY	YEAR AGO
Prime Rate	8.25	8.25	<b>British Pound</b>	.5055	.5082	.5760
Fed Funds close	5.31	5.25	Canadian Dollar	1.1562	1.1532	1.1677
3-month disc	4.91	4.925	European Euro	.7483	.7488	.8254
2-year	4.57	4.56	Japanese Yen	117.79	117.81	117.71
10-year	4.64	4.58	Mexican Peso	11.0223	11.0429	10.8965
30-year	4.83	4.78	Taiwanese Dollar	33.13	33.10	32.42

DOW	NASDAQ	S&P 500
+27.95	+0.62	+3.69
+0.23 12382.30	+0.03 2422.26	+0.26 1424.55

**Biotech Stocks** 

STOCK	LAST	DAILY Change	YEAR TO DATE PERCENT CHANGE
Amgen	55.55	33	-18.7
Amylin	37.18	18	+3.1
BiogenIdc	44.31	07	-9.9
Celgene	53.80	+1.34	-6.5
ChRvLab	46.12	14	+6.6
Genentch	82.60	+.48	+1.8
Genzyme	60.06	+.04	-2.5
GileadSci	76.51	14	+17.8
Imclone	40.61	16	+51.8
Invitrogn	64.05	+.40	+13.2
Medlmun	35.60	79	+10.0
MillPhar	11.31	05	+3.8
PDL Bio	21.57	13	+7.1
QIAGEN	17.11	07	+13.1
VertxPh	27.94	10	-25.3



BADGES OF HONOR: James Calderwood of Chevy Chase, Md., an 18-year-old student at Georgetown Prep, has earned all 121 possible merit badges offered in the United States under the Boy Scout program, ranging from public health to archery.

#### Local

# Nightclubs Can Stay Open

#### Pr. George's officials negotiate with owners to toughen security

A Prince George's County judge signed off on a deal Monday that will allow several clubs and bars shuttered last week to remain open while county officials nego-

tiate security plans with owners at each of the clubs.

The decision comes just five days after County Executive Jack B. Johnson ordered nine nightclubs, bars and banquet halls closed, saying they were magnets for violence.

During a brief court hearing in Upper Marlboro, Prince George's County Attorney Mary Crawford said her office is trying to reach a compromise with five of the clubs, which were reopened by judicial order Friday.

Prince George's Circuit Judge Thomas P. Smith gave club owners and the county three months to resolve their differences over a new ordinance that allows authorities to close businesses considered to pose an "imminent threat" to public safety. Smith, who said he would reconsider the issue in full at a July hearing, urged both parties to conclude their negotiations in a "timely" manner.

"This an absolute victory for the residents of Prince George's County. We have now club owners acknowledging their responsibility for what goes on inside their clubs and what happens outside and for security," said Michael Herman, Johnson's chief of staff. Candace Rondeaux (the WASHINGTON POST)

FREDERICK, MD.

#### **Autopsy Shows 3 Children** Were Suffocated, I Beaten

Four young siblings whose bodies were found with their father's in their home last week were slain by two different methods, police said Monday. The state Office of the Chief Medical Examiner determined that the three Rodriguez sisters, ages 1 to 9, were suffocated. Their 3-year-old brother, Angel, had skull fractures indicating he was bludgeoned, battered or shaken, Frederick Police Lt. Thomas Chase said. The children's father, Pedro Rodriguez, 28, hanged himself in the family's townhouse, Chase said. Their mother, Deysi M. Benitez, 25, remains missing. (AP)

#### ANNAPOLIS. MD.

#### **New Rape Standard Urged**

Two women's advocacy groups have urged Maryland's highest court to establish that consensual sex can become rape even if a woman says no after consensual sex has begun. Maryland Coalition Against Sexual Assault and the Women's Law Center of Maryland filed briefs urging the Maryland Court of Appeals to overturn a lower court decision in a 2003 case. The ruling held that if a woman "consents prior to penetration and withdraws the consent following penetration, there is no rape." (AP)

#### Md. Eyes Electoral College Change

ANNAPOLIS, MD. | Maryland is poised to become the first state in the nation to approve going around the current Electoral College system and give the state's 10 electoral votes for president to the winner of

The Lotteries

Monday, April 2

the national popular vote, after the House of Delegates passed the measure 85-54. The plan would take effect only after enough states representing a majority of the nation's 538 electoral votes adopted it. (AP)

#### Evening Pick 3 Mid-day Pick 4 0-6-0-0 Evening Pick 4 0-4-2-4

DISTRICT	
Mid-day Lucky Numbers	5-6-1
<b>Evening Lucky Numbers</b>	0-4-2
Mid-day DC 4	0-3-9-2
Evening DC 4	0-4-0-9
Rolling Cash Five	8-15-6-29-24
Daily 6 <b>28-14-37</b> -	2-29-10 Bonus: 27

MARYLAND

Mid-day Pick 3

Match 5 2-3-16-23-29 Bonus: 15

VIRGINIA	
Mid-day Pick 3	4-5-5
Evening Pick 3 (Sun.)	4-1-0
Mid-day Pick 4	9-9-5-9
Evening Pick 4 (Sun.)	8-0-6-6
Mid-day Cash 5	3-8-18-23-27
Evening Cash 5 (Sun.)	7-14-23-24-26

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

# (IN The Washington Host | FLYING ROOSEVELT



TEDDY BALLGAME: Teddy Roosevelt swoops in during the presidential race at RFK Stadium on Monday — Opening Day for the Washington Nationals.

❖ Rough start: Team, stadium weren't ready for Opening Day. | Today, Metro

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**FLAMING THEATER:** The Flaming Lips will bring their theatrical rock concerts to the next logical place: Broadway. The group is creating a musical based on its 2002 album, "Yoshimi Battles the Pink Robots." Des McAnuff ("Jersey Boys," "Urinetown") will direct a script by Aaron Sorkin ("The West Wing").

## **Entertainment**



THIS MAN LOVES COLDPLAY: Timbaland's "Shock Value" trips when its tunes go from the dance floor to Brit-rock-like bores.

# 'Shock' Schlock

# Timbaland's CD has hot hip-hop, but his rock tunes aren't cool

MUSIC | If a new release ever made the argument for pop abandoning the album format, it's "Timbaland Presents Shock Value." The gueststar heavy CD is the kingpin producer's fourth name-brand release (three in partnership with rapper Magoo) and the first since hits with Justin Timberlake and Nelly Furtado made him a household name beyond hip-hop.

The guest cast on "Shock Value" easily could fill a few seasons of animated adventures. Dr. Dre, who rolls in alongside Missy Elliott for the aptly named "Bounce," could be the Falcon; Fall Out Boy makes a fine Fantastic Four, with Pete Wentz in drag as Storm. 50

Cent, the Incredible Hulk! And hasn't Elton John, who turns in a wicked piano jam, always wanted to play the Joker?

But "Shock Value" has other fish to fry. It presents to his new fans the full spectrum of Timbaland's sound: icy, skittish beats; sweeping choral arrangements; an affinity for modern rock. "Bombay" breaks out the bhangra to prove his global roots, and "Time," with a vampiric cameo by She Wants Revenge, reveals the goth in his soul.

Furtado sets the scene in "Give It to Me," the sweaty, stuttery first single. "I'm a wonder woman, let me go get my rope," she sings in that queen-of-the-corner snarl Timbaland brought out on her career-transforming 2006 album, "Loose." Timbo and Timber then each take a verse, feeding feuds and coolly popping muscles.

Other cuts point toward future projects. "Apologize" is a piano ballad that says hello to next month's client, Coldplay, by featuring OneRepublic, a barely known Los Angeles band with a serious debt to those Brits. Artists signed to Timbaland's Mosley Music Group litter the album, including the appealingly hiccup-prone singer Keri Hilson and rappers Sebastian and D.O.E.

The cuts featuring Timbaland's already famous friends are all Top 40 fodder. Yet something falls short on "Shock Value." Timbaland's laser-focused sense of what pop should sound like has changed not only hip-hop but also vast areas of pop, and it's solidified here in daring beats and masterful arrangements.

Yet the narrative pull that justifies the album format falls short. Timbaland has called "Shock Value" a film-like experience, but there's a big popcorn break between the hot dance music of the first five tracks and the rock experiments of the last five.

ANN POWERS (LOS ANGELES TIMES)



FOR MORE TOP STOPS AND ENTERTAIN MENT FEATURES, VISIT READEXPRESS.COM



TOOTS & THE MAYTALS Reggay!

Frederick "Toots" Hibbert is one of the greatest soul singers to come from Jamaica. Hibbert's big, gospel-soaked voice has driven many a hit reggae single, including classics such as "Pressure Drop" (which the Clash covered), "Do the Reggay" and "54-46, That's My Number."

→ The State Theatre, 220 N.

Washington St., Falls Church; 7 p.m.,

\$26; 703-237-0300. (East Falls Church)

## 'THE COOL WORLD' Dizzy & Druggy



Produced by documentarian Frederick Wiseman and directed by Shirley Clarke, the vérité fiction of

"The Cool World" focuses on early 1960s Harlem teenagers surrounded by pimps, prostitutes and corrupt cops. Dizzy Gillespie did the soundtrack.

→ AFI Silver Theatre, 8633 Colesville Rd., Silver Spring; 9 p.m., \$9.25; 301-495-6700. (Silver Spring)

#### **SEBADOH**

#### **Gimme More Indie Rock**

Lou Barlow is all about the reunions these days. He picked up his bass again for Dinosaur Jr., and now Barlow's gathered the Jason Loewenstein, Eric Gaffney and Barlow edition of indie-rock faves Sebadoh.

3:30 Club, 815 V St. NW; with the Bent Moustache, 7:30 p.m., \$15; 202-265-0930. (U St.-Cardozo)

#### WHAT'S HAPPENING?

 $\label{lem:pression} \textbf{Please send press releases and photos to} \\ \textbf{expressevents@readexpress.com}$ 

# An Explosive Sequel Succeeds

# The latest war game to bear Tom Clancy's name is one of the best

VIDEO GAME | "Tom Clancy's Ghost Recon Advanced Warfighter 2" is a sequel to one of last year's best games. It's a step up from the original — and that's saying a lot. The game has a refined interface, better graphics and an engaging multiplayer experience that balances out the short single-player mode. Called "GRAW2" for short, this new title for Xbox 360 and Windows PCs picks up in the year 2014 with Capt. Scott Mitchell. He leads the U.S. military's elite Ghost Recon unit and arrives at Fort Bliss, Texas, near El Paso, just in time to deal with a civil war in Mexico that threatens to boil over into the United States. The resulting action makes for some of the best tactical squad-based gameplay around.

The single-player game is incredibly short — I wrapped it up in an



**STAY SHARP:** Tom Clancy's war game empire marches on with "GRAW2."

afternoon. The real game exists in the deep, varied multiplayer modes, which include online matches with others on Xbox Live as well in-person games with up to four people. In single-player mode, you will be the one giving orders.

The game packs sharp, detailed graphics with explosions that fill the screen and outdoor environments across Central America that come alive with realistically rendered buildings, trees and vehicles. MATT SLAGLE (AP)

#### **Entertainment**



**OLD-SCHOOL:** Estleman writes his mysteries on a typewriter, not a computer.

# Master of The Genre

#### Loren D. Estleman's latest hard-boiled mystery is a classic

BOOK | There is a glut of fictional private detectives. By the hundreds, they do their best to emulate Sam Spade and Philip Marlowe, the smart-alecky loners created by Dashiell Hammett and Raymond Chandler more than 50 years ago. But few of their creators deserve to be mentioned in the same breath with these giants of mystery.

One who does is Loren D. Estleman, whose superbly realized private eye, Amos Walker, has just appeared in "American Detective," the 17th novel in a series that began with "Motor City Blue" in 1980.

In "American Detective," Walker is hired by Darius Fuller, a retired Detroit Tigers pitcher. Fuller is worried that his daughter, just a few weeks away from gaining access to her \$2 million trust fund, is being romanced by a dirtbag who only wants her for her money. Fuller is right, but before Walker can come to the rescue, Fuller's daughter is murdered. Soon, Walker finds himself up to his fedora in gangsters, crooked cops and an international smuggling ring. It's a fine story, but as with any Estleman novel, the real attraction is the writing. Take his description of Detroit police headquarters, known locally as "1300."

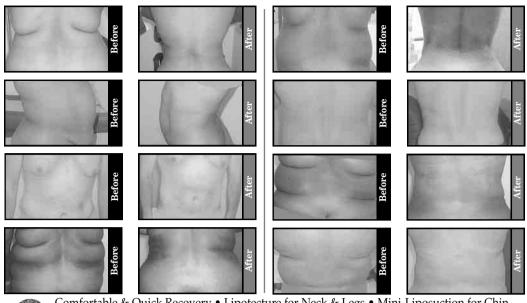
"I found John Alderdyce in his office, glowering at a plastic bucket collecting drips from a reservoir stagnating in the crawl space between his ceiling and the floor above. No rain had fallen for two weeks, but at 1300 it's always monsoon season. Eighty years of indifferent use, with two decades of corruption at city hall, had turned a proud local landmark into a leaky hut in Thailand....

"I like what you've done with the place,' I said."

If you've just discovered Estleman, you're in for a treat, because there are more than 50 books in all, both Westerns and crime novels. Bruce desilva (AP)

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PREMONITION (PG-13) DIG 800 (R) - ID REQ'D DIG WILD HOGS (PG-13) DIG

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#### COUNTRYSIDE STADIUM 20

Adv. Tix on Sale GRINDHOUSE (R) - ID REQ'D ★ Adv. Tix on Sale JOURNEY FROM THE FALL (R) - ID REQ'D ★ Adv. Tix on Sale DIRTY DANCING: 20TH ANNIVERSARY (G-13) ★ MEET THE ROBINSONS (G) DIG ★ (140 210 415 445) 650 720 925 550) 650 750 850 THE LOOKOUT (R) - ID REQ'D DIG (1145 215 515) MEET THE ROBINSONS 3D- \$2.50 FEE FOR 3D (G) DIG ★ ## THE HILLS HAVE EYES II (R) - ID REQ'D DIG ## (515) 750 1030 (515) 750 1030 (715) 750 (715) 75 400) 700 MEET THE ROBINSONS (G) DIG ★ (1130 130 230 430 530) OC: REIGN OVER ME (R) - ID REQ'D DIG TEENAGE MUTANT NINJA TURTLES (PG) DIG (1110 1140 120 210 350 500) 610 720 833

Adv. Tix on Sale GRINDHOUSE (R) - ID REQ'D ★
Adv. Tix on Sale DIRTY DANCING: 20TH
ANNIVERSARY (PG-13) ★
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MEET THE ROBINSONS (G) DIG ★ (100 230 415 500) 700 745 94 TEENAGE MUTANT NINJA TURTLES (PG) DIG (1220 130 245 42 515) 645 745 945 101

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**MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G)** ✓ 10:15, 12:45, 3:15, 5:45, 8:10, 10:35

BLADES OF GLORY (PG13) ✓ 10:00, 12:20, 2:45, 5:10, 7:40, 10:05
MEET THE ROBINSONS (G) ✓ 11:30, 2:00, 4:30, 7:00, 9:30

MEET THE ROBINSONS (G) ✓ 11:30, 2:00, 4:30, 7:00, 9:30
THE HILLS HAVE EYES 2 (R) 10:30, 12:40, 2:55, 5:05, 7:30, 9:55
THE LAST MIMZY (PG) 10:05, 12:25, 2:50, 5:15, 7:50, 10:15
PRIDE (PG) 10:20, 12:50, 3:20, 5:50, 8:15, 10:45
REIGN OVER ME (R) 10:40, 1:30, 4:35, 7:25, 10:20
SHOOTER (R) 10:45, 1:40, 5:50, 7:55, 10:50
TMNT (PG) 10:00, 12:15, 2:25, 4:50, 7:10, 9:25
THINK I LOVE MY WIFE (R) 10:15, 12:20, 3:30, 5:25, 7:45, 10:00
PREMONITION (PG13) 11:25, 1:45, 4:25, 7:05, 9:35
PREMONITION (PG13) 10:20, 12:35, 14:5, 4:25, 7:05, 9:35
SOO (R) 10:25, 1:20, 4:10, 7:00, 9:45
WILD HOGS (PG13) 10:10, 12:35, 3:05, 5:30, 8:05, 10:30
BREACH (PG13) 11:15, 1:50, 4:40, 7:20, 10:10

THE LOOKOUT (R) \( \square\) 10:35, 1:05, 3:30, 5:55, 8:30, 10:55

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TYLER PERRY'S DADDY'S LITTLE GIRLS (PG13) 4:40, 7:15 NORBIT (PG13) 4:45

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BLADES OF GLORY (PG13) \( \times 2:20, 3:30, 4:45, 5:45, 7:00, 8:00, 0:15, 10:15

LOEWS SHIRLINGTON 7 2772 South Randolph 703-671-0910 801

THE NAMESAKE (PG13) 1:40, 2:30, 4:10, 5:00, 7:00, 7:40, 9:30,

10:00
THE HOST (R) 2:20, 4:40, 7:30, 9:50
AMAZING GRACE (PG) 2:10, 4:20, 7:20, 9:40
THE LIVES OF OTHERS (R) 2:00, 4:50, 8:00
THE LAST KING OF SCOTLAND (R) 1:50, 4:30, 7:10, 9:40
THE QUEEN (PG13) 1:30, 3:50, 7:10, 9:20

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BLADES OF GLORY (PG13) 2:20, 4:30, 7:00

BLADES OF GLORY (PG13) ✓ 2:10, 4:50, 7:40 THE HILLS HAVE EYES 2 (R) 2:40, 5:10 THE LAST MIMZY (PG) 3:20, 5:40, 8:00 REIGN OVER ME (R) 2:20, 5:15, 8:10

SHOOTER (R) 2:00, 5:00, 7:50 WILD HOGS (PG13) 2:15, 4:45, 7:15 BREACH (PG13) 2:05, 7:10

MUSIC AND LYRICS (PG13) 4:35
MUSIC AND LYRICS (PG13) @ 4:35

REIGN OVER ME (R) 2:10, 4:40, 7:25 SHOOTER (R) 2:05, 4:45, 7:10 300 (R) 2:15, 4:35, 7:15

9:15, 10:15

REIGN OVER ME (R) 4:10, 7:10, 9:50

TMNT (PG) 2:30, 4:30, 6:50, 9:00

I THINK I LOVE MY WIFE (R) 2:00, 4:20, 10:05

ZODIAC (R) 6:40

BREACH (PG13) 2:50, 5:30, 7:50, 10:20

MUSIC AND LYRICS (PG13) 2:40, 5:00, 7:30, 10

THE NAMESAKE (PG13) 10:55 1:55 4:45 7:35 10:25

BLADES OF GLORY (PG13) / 520, 7:50
MEET THE ROBINSONS (G) / 4:35, 7:20
THE HILLS HAVE EYES 2 (R) 5:30, 8:10
PRIDE (PG) 5:00, 7:45
SHOOTER (R) 4:35, 7:35

I THINK I LOVE MY WIFE (R) 5:25, 8:00 PREMONITION (PG13) 5:15, 8:05

TMNT (PG) 4:30, 7:00 DEAD SILENCE (R) 7:30

WILD HOGS (PG13) 5:10, 7:25

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BLADES OF GLORY (PG13) 12:00, 12:45, 1:45, 2:45, 3:30, 4:30,

BLADES OF GLIVE (PG13) 1200, 1249, 1349, 2349, 330, 430, 530, 615, 715, 815, 9205, 10025

MEET THE ROBINSONS (G) 2:00, 445, 7.45, 1030

THE HILLS HAVE EYES 2 (R) 12:55, 315, 545, 840, 10:25

THE LAST MIMZY (PG) 1:30, 4:15, 7:10, 9:35

PRIDE (PG) 1:35, 4:10, 6:55, 9:25

PRIDE (PG) 1:35, 4:10, 6:55, 9:25

PRIDE (PG) 1:35, 4:10, 6:55, 9:25

TMNT (PG) 12:50, 22:5, 3:35, 4:50, 5:55, 7:20, 8:20, 10:40

TMNT (PG) 12:50, 22:5, 3:35, 4:50, 5:55, 7:20, 8:20, 10:00

TMNT (PG) 12:10, 22:5, 4:50, 7:20, 10:00

DEAD SILENCE (R) 1:10, 3:25, 5:50, 8:05, 10:20

THINK I LOVE MY WIFE (R) 12:30, 3:00, 5:25, 7:40, 10:10

PREMONITION (PG13) 1:55, 4:25, 6:50, 9:15

300 (R) 1:20, 2:20, 4:20, 5:20, 7:28, 8:25, 10:30

WILLD HOGS (PG13) 2:30, 507, 7:55, 10:20 WILD HOGS (PG13) 2:30, 5:05, 7:55, 10:20

AMC SELECT THE LOOKOUT (R) 2:40, 5:15, 7:40, 10:25
PEACEFUL WARRIOR (PG13) 1:05, 4:05, 7:05, 10:15

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#### **DIGITAL 3D**

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BLADES OF GLORY (PD13) / 2:20, 4:45, 7:15, 9:45 THE HILLS HAVE EYES 2 (R) 2:40, 5:00, 7:20, 9:40 THE LAST MIMZY (PG) 2:05, 4:30, 10:30 PRIDE (PG) 2:25, 4:55, 7:30, 10:20 REIGN OVER ME (R) 1:15, 4:10, 7:10, 10:10 SHOOTER (R) 1:40, 4:35, 7:35, 10:25 TMMT (PG) 2:15, 4:40, 10:15 TMNT (PG) 2:15, 4:40, 10:15 I THINK I LOVE MY WIFE (R) 2:35, 5:05, 7:25, 9:50 PREMONITION (PG13) 1:05, 3:20, 5:45, 8:10, 10:30 300 (R) 2:30, 5:10, 7:50, 10:30

REACH (PG13) 2:00, 8:15 THE LOOKOUT (R) / 1:45, 4:15, 6:45, 9:20
THE NAMESAKE (PG13) 1:55, 4:50, 7:45, 10:25

#### AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road 703-971-3991

BLADES OF GLORY (PG13) / 1:00, 3:20, 5:40, 8:05, 10:30 MEET THE ROBINSONS (G) / 1:15, 4:10, 7:00, 9:40 THE LAST MIMZY (PG) 12:40, 3:05, 5:30, 7:50, 10:10 PRIDE (PG) 4:05, 2:00, 0:00

PRIDE (PG) 4:05, 7:00, 9:30 REIGN OVER ME (R) 4:15, 7:10, 10:00 SHOOTER (R) 4:20, 7:20, 10:15 TMMT (PG) 12:30, 2:50, 5:10, 7:30, 9:50 PREMONITION (PG13) 5:10, 7:35, 9:55 300 (R) 4:30, 7:30, 10:20 ILD HOGS (PG13) 5:30, 8:00, 10:30

#### **LOEWS RIO CINEMAS 18**

9811 Washingtonian Boulev 301-948-0906

**MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G)** ✓ 11:30, 2:10, 4:45, 7:20, 10:00

BLADES OF GLORY (PG13) / 10:15, 11:15, 12:45, 1:45, 3:15, 1:15, 5:45, 7:00, 8:15, 9:15, 10:45 MEET THE ROBINSONS (G) ✓ 10:05, 12:45, 3:20, 6:05, 8:30, 10:40
MEET THE ROBINSONS (G) © ✓ 10:05, 12:45, 3:20, 6:05, 8:30,

10:40
THE HILLS HAVE EYES 2 (R) 11:10, 1:40, 3:50, 6:15, 8:30, 10:40
THE HILLS THINEY (PG) 10:10, 12:40, 3:10, 5:30, 7:50, 10:10
PRIDE (PG) 10:45, 1:30, 4:05, 7:05, 9:40
REIGN OVER ME (R) 10:50, 1:40, 4:30, 7:20, 10:10
SHOOTER (R) 10:30, 1:25, 4:25, 7:30, 10:30
TMNT (PG) 10:00, 1:100, 1:20, 1:10, 2:30, 3:30, 4:50, 5:50, 7:10, 8:10, 8:30, 10:20

9:30, 10:20 THINK I LOVE MY WIFE (R) 1:05, 5:45, 10:30 PREMONITION (PG13) 11:30, 2:00, 4:20, 7:05, 9:30 300 (R) 10:15, 1:00, 3:45, 6:10, 7:10, 8:50, 10:05 WILD HOGS (PG13) 10:20, 1:05, 3:30, 6:10, 8:30, 10:45

WILD HOGS (PG13) 10:20, 1:39, 3:39, 6:10, 8:39, 10:45
BREACH (PG13) 10:10, 3:15, 8:00
GHOST RIDER (PG13) 3:30
MUSIC AND LYRICS (PG13) 10:50, 1:10
THE LOOKOUT (R) V 10:40, 1:00, 3:30, 5:55, 8:15, 10:40
PEACEFUL WARRIOR (PG13) 10:25, 1:25, 4:20, 7:10, 10:05 -SPECIAL ENGAGEMENT No passes or discount cou AMC POTOMAC MILLS 18 2700 Potomac Mills Circle, Ste 886

#### **DIGITAL 3D**

**MEET THE ROBINSONS IN DISNEY DIGITAL 3-D (G)** ✓ 1:50, 4:25, 7:00, 9:35

BLADES OF GLORY (PG13) / 12:15, 1:40, 2:40, 4:10, 5:10, 6:30,

BLADES OF GLORY (PG13) ✓ 12:15, 1:40, 2:40, 4:10, 5:10, 7:30, 9:00, 1:000

MEET THE ROBINSONS (G) ✓ 1:05, 3:40, 6:15, 8:50

THE HILLS HAVE EYES 2 (R) 1:00, 3:15, 5:40, 8:00, 10:15

THE LAST MINIZY (PG) 1:55, 4:30, 8:50, 9:20

PRIDE (PG) 1:45, 4:35, 7:05, 9:45

REIGN OVER ME (R) 1:35, 4:45, 7:35, 10:20

SHOOTER (R) 1:10, 4:05, 7:15, 10:10

TMNT (PG) 1:240, 205, 3:05, 240, 8:20, 8:45, 7:45, 9:10, 10:00

TMNT (PG) 1:21 (2:02, 3:05, 5:20, 7:45, 10:00

DEAD SILENCE (R) 8:05, 10:15

THINKI LOVE MY WIFE (R) 12:30, 2:50, 5:15, 7:35, 10:05

PREMONITION (PG13) 1:200, 2:20, 4:55, 7:25, 9:55

300 (R) 2:10, 500, 7:40, 10:20

WILD HOGS (PG13) 2:20, 4:40, 7:10, 9:50

GHOST RIDER (PG13) 1:200, 3:00, 8:35

THE LOOKOUT (R) ✓ 1:225, 2:45, 2:25, 7:45, 10:10

PEACEFUL WARRIOR (PG13) 1:30, 4:15, 7:20, 10:05

#### AMC COLUMBIA MALL 14

10300 Patuxent Parkway 410-423-0520

410-428-0520

BLADES OF GLORY (PQ13) 10:30, 12:55, 3:20, 5:50, 8:20, 10:50

MEET THE ROBINSONS (G) 11:00, 1:40, 4:20, 7:00, 9:40

THE HILLS HAVE EYES 2 (R) 11:10, 1:35, 3:55, 6:20, 8:40, 11:00

THE LAST MIMZY (PG) 11:40, 2:10, 4:45, 7:20, 9:50

PRIDE (PG) 10:50, 1:25, 4:05, 6:50, 9:30

REIGN OVER ME (R) 10:25, 1:20, 4:15, 7:10, 10:10

SHOOTER (R) 10:35, 1:30, 4:30, 8:30, 8:50, 11:05

DEAD SILENCE (R) 8:30, 10:45

I THINK I LOVE MY WIFE (R) 11:35, 2:05, 4:25, 6:40, 9:10

PREMONITION (PG) 3) 1:220, 2:50, 5:20, 7:50, 10:15

300 (R) 11:20, 2:20, 5:10, 8:30, 10:55

**300 (R)** 11:20, 2:20, 5:10, 8:00, 10:55 WILD HOGS (PG13) 11:55, 2:30, 5:05, 7:40, 10:20 WILD HOGS (PG13) © 11:55, 2:30, 5:05, 7:40, 10:20
BRIDGE TO TERABITHIA (PG) 10:40, 1:05, 3:30, 5:55

THE LOOKOUT (R) 12:40, 3:10, 5:40, 8:10, 10:40

#### **LOEWS FAIRFAX SQUARE 8**

705-505-9857 802

DEAD SILENCE (R) 5:00, 8:10

ZODIAC (R) 3:50, 7:00

BRIDGE TO TERABITHIA (PG) 4:50, 8:00

MUSIC AND LYRICS (PG13) 4:30, 7:40

MUSIC AND LYRICS (PG13) 4:10, 7:20

AMAZING GRACE (PG) 4:20, 7:30

THE LAST KING OF SCOTLAND (R) 4:00, 7:10

THE QUEEN (PG13) 4:40, 7:50

#### MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo 301-324-4220

\$01=324-4220

BLADES OF GLORY (PQ13) 1.05, 3:20, 5:45, 8:00, 10:10

MEET THE ROBINSONS (G) 1:00, 3:30, 5:50, 8:05, 10:20

THE HILLS HAVE EYES 2 (R) 1:230, 2:40, 5:00, 7:45, 10:10

PRIDE (PG) 1:250, 3:25, 5:40, 8:10, 10:30

THOUSE ME (R) 1:20, 4:30, 7:30, 10:5

SHOOTER (R) 1:30, 4:10, 7:00, 10:00

TMNT (PG) 1:240, 2:50, 4:50, 7:10, 9:40

DEAD SILENCE (R) 1:40, 4:00, 6:50, 9:30

I THINK I LOVE MY WIFE (R) 2:00, 4:40, 7:20, 9:50

PREMONITION (PG13) 1:230, 3:00, 5:20, 7:40, 10:15

300 (R) 1:50, 4:45, 7:50, 10:30

WILD HOGS (PG13) 2:20, 5:10, 7:35, 10:05

#### **LOEWS DUPONT 5**

1350 19th St. 1-800-FANDANGO #711

300 (R) 1:30, 4:15, 7:00, 9:40 BREACH (PG13) 1:45, 4:30, 7:15, 9:50 AMC SELECT

ISLANDER (R) 2:15, 4:45, 7:45, 10:00 STARTER FOR 10 (PG13) 2:30, 5:15, 8:00, 10:15 AMAZING GRACE (PG) 2:00, 5:00, 7:30, 10:10

#### LOEWS UPTOWN 1

3426 Connecticut Avenue N.W. 1-800-FANDANGO #713

300 (R) 2:00, 5:00, 8:00

- Closed Captioning · 🔊 - Descriptive Video Se

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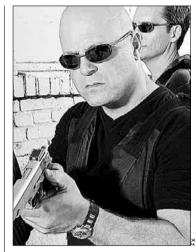
## **Television**

**NO PUNCHLINE:** Cartoonist Berkeley Breathed ("Bloom County," "Opus") created a different sort of drawing for April 7's "America's Most Wanted." He drew a 1979 murder scene in Austin, Texas, where an artist friend of his was murdered, to help police find the unidentified killer.

# Cops & Crooners

#### The season debut of 'The Shield' or Tony Bennett on 'Idol'?

CHOICES | As "The Shield" (10 p.m., FX) enters its sixth season, crooked cop Vic Mackey (Michael Chiklis) is still searching for the murderer of his friend and confederate Lem. But fans of the violent and gripping series know that he's looking in all the wrong places. And while Vic seeks vengeance, his nemesis from Internal Affairs, Jon Kavanaugh (Forest Whitaker), is out to take him down, even if it takes breaking a few rules.



**TO SERVE & PROTECT HIS CRIMES:** Policeman Vic Mackey is a bad man.

The bitter rivalry between Mackey and Kavanaugh is the central drama in this consistently surprising series, and the chance to watch Emmy-winner Chiklis and Oscar-winner Whitaker tangle should be enough to keep "The Shield" on your must-see list.

If hard-boiled cop dramas aren't your cup of tea, singer Tony Bennett will mentor the remaining nine contestants on "American Idol" (8 p.m., Fox). While Bennett is a classic interpreter of standards from the American songbook, one of his early big hits was his interpretation of "Cold, Cold Heart" by Hank Williams. The would-be "Idol" winners will have to show similar genre-bending versatility if they are to survive.

#### ON TV TONIGHT

STOP CRABBING ABOUT YOUR JOB DEADLIEST CATCH (9 p.m., Discovery) returns for a third season. This documentary series about the lucrative and dangerous life of crab fishermen working the icy waters near the Bering Straits has won one of the largest and most faithful audiences on cable television.

#### **CLOAKS AND CUTTLES**

NOVA (8 p.m., PBS) looks at cuttlefish, masters of disguise that leave chameleons in the dust. Known as "kings of camouflage," cuttlefish have been known to masquerade as the opposite sex and even hypnotize their prey.

#### **GRIFTING YOUR I.D.**

**DATELINE** (8 p.m., NBC) stops busting child predators for a minute in order to investigate identity theft.



'CATCH' UP: Crab fishermen brave bad waters to bring you these tasty critters.

#### DEGENERATIVE DISEASE

The **FRONTLINE** (10 p.m., PBS) film "So Much, So Fast" looks at ALS (Lou Gehrig's disease) through the prism of a 29-year-old Boston man and his supportive family. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

3.07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
	News 🔯			Access Hollywood			Law & Order: Crim			cial Victims Unit (N)	News [cc]	Tonight Show
WTTG E	Seinfeld () 🔯	The Simpsons ()	The Simpsons ()	Seinfeld () (C)	American Idol (S L	ive) [cc]	House "Fetal Positi	on" (N) 🔯	News	INEX PROPERTY OF THE PER	News	Every-Raymon
WJLA 7	News 🔯	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	George Lopez ()	According to Jim	Dancing With the S	Stars (S Live) 🖾	Boston Legal "Sor	of the Defender"	News [cc]	(:35) Nightline
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MTV	Beauty and the Ge	ek () [cc]	Beauty and the Ger	ek () [cc]	Bam's Union	Bam's Union	Bam's Unholy Unio	on O	Two-A-Days (N)	Two-A-Days ()	MTV Special ()	MTV Special
NICK	Ned's School	Fairly OddParents	Fairly OddParents	Jimmy Neutron	SpongeBob	Drake & Josh O	Full House 🖾	Full House (CC)	Roseanne III	Roseanne 🖾	Fresh Prince	Fresh Prince
SCIFI	Stargate SG-1 "En	nancipation" [cc]	Stargate SG-1 "Rec	demption" [cc]	Stargate SG-1 "Re	demption" (cc)	Stargate SG-1 "De	scent" () [cc]	ECW (Live)		Grindhouse	Last Starfighte
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нво	(5:30) "Tsunami, tl	ne Aftermath" (2006) T	im Roth. A cataclysmi	ic event devastates Th	ailand in 2004. N 👀		The Sopranos "Kai	sha" 🕜 😥	*** "Brokeback	Mountain" (2005, Ron	nance) Heath Ledger.	♠ 'R' @@
MAX	*** "Lethal Wea	pon" (1987, Action) Me	I Gibson, Gary Busey.	O'R' ICC	*** "Back to the	Future" (1985) Micha	el J. Fox. O 'PG' [00]		*** "Back to the	Future Part II" (1989	) Michael J. Fox. 'PG	[CC]
SHOW	(5:05) * * "Murphy	's Romance"	*** "Pretty Wom	an" (1990) Richard Ge	re, Julia Roberts. iTV	0 R'80	The Tudors "Episod	le 1" (iTV) 50	This Am. Life	Penn & Teller	* * "The Halfway	House" (2004) 'F
TMC		(2004, Drama) Sandra	Bullock, Don Cheadle	. O 'R' 000	** "Urban Legend	" (1998) Jared Leto. (	) 'R' [cc]	(:45) * "Alone in th	e Dark" (2005, Horro	r) Christian Slater, ()		Bigger Than
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# sthma

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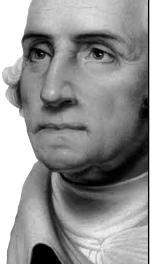
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# **Sports**

# **Different Debuts for New Skippers**

#### Plenty goes wrong in Acta's first loss as Nationals' manager

NATIONALS | An empty champagne bottle sat near Florida Marlins manager Fredi Gonzalez after a half-dozen people helped him guzzle it.

And why not?

There was plenty to toast Monday: Gonzalez's first game as a big league skipper, and







a 9-2 victory over the Washington Nationals, thanks to Miguel Cabrera's four RBIs, Hanley Ramirez's four hits

and four runs, and Dontrelle Willis' six solid innings.

"It was nice, it really is, but we've still got 161 more," said Gonzalez, 43, who was Atlanta's third-base coach the past four seasons. "It was fun. It was great. It was everything I expected it to be."

It's safe to say he enjoyed his debut as a manager in the majors far more than Washington's Manny Acta did.

"We're tied for second, with the





Down from 2006 Opening Day: 40,530



Manager Manny Acta, left, takes John Patterson out of the game in the fourth inning after the Nationals' ace gave up a two-run upper-deck homer to Miguel Cabrera.

rest of the league who lost today. It's just one game," said Acta, who coached third base for the Mets in from 2005 through 2006. "Somebody has to win, somebody has to lose. I lost today."

Gonzalez (Cuba) and Acta (Dominican Republic) were the first pair of managers born outside the United States to make their major league debuts in the same game, according to the Elias Sports Bureau.

Yet while Gonzalez, who took over for NL Manager of the Year Joe Girardi, could enjoy most every moment — with his teen son, Alex, joining him in the dugout — Acta's first game since replacing Frank

#### **SERIES TRACKER**



APRIL 2

APRIL 3

APRIL 4

Robinson went about as poorly as possible.

His day could be summed up by a five-minute span during the fourth inning. First, he jogged to the deepest part of the park to check on Nook Logan, who left the game with a foot injury. Shortly after making the long trek back to the dugout, Acta turned around to lift John Pat-

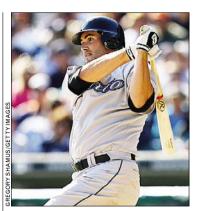
#### **NATS STATS**

PITCHER	IP	Н	R	ER	вв	so	HR
J. Patterson	3.2	7	6	6	3	2	-1
L. Speigner	2.1	3	1	1	3	1	0
M. Bowie	1.0	3	2	2	0	0	-1
J. Colome	2.0	0	0	0	2	1	0
BATTER	AB	R	Н	RBI	вв	SO	LOE
F. Lopez	4	0	1	0	0	1	0
C. Guzman	3	0	0	0	0	0	1
R. Zimmerma	n 4	1	2	0	0	0	- 1
A. Kearns	4	1	1	0	0	1	1
D. Young	4	0	2	-1	0	0	0
B. Schneider	3	0	0	1	0	0	2
R. Church	2	0	0	0	2	0	3
N. Logan	1	0	1	0	0	0	0
J. Patterson	1	0	0	0	0	1	2
J. Wilson	1	0	0	0	0	0	0
C. Snelling	3	0	0	0	0	0	4
L. Speigner	1	0	0	0	0	1	0
R. Fick	1	0	0	0	0	0	0

terson when he allowed Cabrera's two-run, upper-deck homer that made it 6-0.

Dan Uggla reached the upper deck, too - a rarity at RFK Stadium, the cavernous former home to baseball's Senators and football's Redskins that the Nationals will leave for a new park after this season — with a two-run homer off Micah Bowie in the seventh.

"It's going to be kind of a roller coaster, I think, for us this year," Zimmerman said. "We're going to play real well at some points, and sometimes we might not play so well. So, I think it's important for us leaders and especially the coaching staff not to kind of get too high and too low and kind of keep us level. Manny does that real well." (AP)



Troy Glaus drives in the winning run in the Blue Jays' 5-3 win over the Tigers

# **Jays Spoil** The Fun **In Detroit**

BASEBALL | The Detroit Tigers raised the 2006 AL pennant and fireworks were set off to help commemorate the accomplishment.

Three-plus hours later, the Toronto Blue Jays stole the show.

Troy Glaus hit a bases-loaded single in the 10th inning and Toronto beat Detroit 5-3 on Monday, spoiling the season-opening festivities for at least some players and fans in the Motor City.

"I definitely wanted to see the city get a chance to take the celebration of Opening Day and extend it throughout the day," Tigers center fielder Curtis Granderson said.

Fernando Rodney (0-1) got into trouble after getting the first out of the 10th by giving up a single, walk, hitting a batter and allowing Glaus' single. Alex Rios followed with an RBI grounder to give the Blue Jays a two-run lead. LARRY LAGE (AP)



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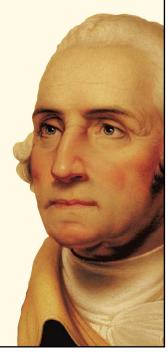
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#### **Sports**

20 | EXPRESS | 04.03.2007 | TUESDAY

The amount, in millions of dollars, Tribune Co. bought the Cubs for in 1981. The company announced Monday it would sell the franchise, likely for more than \$600 million.

#### In Brief

#### BASEBALL

#### **Indians Rock Contreras** In Victory Over Chicago

The Cleveland Indians vowed they would be better this season. This was certainly a convincing start. Grady Sizemore homered off Jose Contreras on the game's second pitch, and the Indians added four more runs in the first inning on their way to a 12-5 victory over the White Sox in the season opener Monday. The 12 runs were the most for the Indians on Opening Day since 1925, when they scored 21 against St. Louis. After winning just 78 games last season, Cleveland knocked out Contreras in the second inning. (AP)



Grady Sizemore hits a homer on the second pitch of the Indians' 12-5 win.

#### **Sheets Looks Dominant** In Milwaukee's Win Over L.A.

Ben Sheets gave up an early home run, then retired his next 22 batters in a two-hitter Monday that led the Milwaukee Brewers over the Los Angeles Dodgers 7-1 in their opener. Sheets allowed Jeff Kent's homer leading off the second and Brady Clark's double with one out in the ninth. He pitched the first Opening Day complete game of two hits or fewer in 15 years, according to the Elias Sports Bureau. (AP)

#### BASEBALL

#### **Dunn Homers Twice to Help** The Reds Beat the Cubs 5-1

Adam Dunn still looks more like the Bambino than Ichiro. Trying to merely put the ball in play, Dunn homered in his first two at-bats on Monday, leading the Cincinnati Reds to a 5-1 Opening Day victory over the Chicago Cubs. Alfonso Soriano, who got an eight-year, \$136 million deal. had an infield single in four at-bats. Chicago's only run was unearned, courtesy of Ryan Freel's throwing error in center field. (AP)



Outfielder Nook Logan is helped off the field by a trainer after hyperextending his foot.

# **Injuries Ruin Day** For Nationals, Acta

After a healthy spring, two starters leave the game on Opening Day

NATIONALS | Manny Acta was so eager to get to the ballpark for his managerial debut on Monday afternoon that he set two alarm clocks just to make sure he didn't oversleep.

By the end of a 9-2 loss to the Florida Marlins, the Washington Nationals' rookie manager may have wanted to climb back into bed.

Nine brutal innings tested the optimism of baseball's lone Dominican manager. He saw his No. 1 starter surrender six runs and exit the game in the fourth inning. More concerning, though, was that he saw his starting center fielder and starting shortstop leave with injuries.

"It's not frustrating," Acta said. "It's just weird that we went through the whole spring training pretty much healthy and then two guys go down [on Opening Day]."

Center fielder Nook Logan, who

returned ahead of schedule from a spring training groin injury, hyperextended his left foot making a catch against the outfield wall in the fourth inning. He collapsed after returning the ball to the infield, then refused a cart and made a slow, ginger walk back to the dugout. X-ray results were negative, but the team is expecting results of an MRI on Tuesday.

An inning later, shortstop Cristian Guzman strained his left hamstring running out a ground ball.

"Cristian is probably right now more serious than Logan, taking into consideration that a hammy just doesn't heal overnight," Acta said.

Guzman, too, will be re-evaluated Tuesday. Should either player be expected to miss an extended period, the Nationals would recall Kory Casto from Triple-A Columbus, derek turner

Late game: The Orioles' Opening Day game ended after Express' deadline. For results | Today's Post, Sports

#### Yankees Win an Emotional Opener

BASEBALL | On an emotional opening day, the New York Yankees honored Cory Lidle, welcomed back Bobby Murcer and beat Tampa Bay for a satisfying start.

Jason Giambi and Alex Rodriguez came through with big hits, and the Yankees even got a few encouraging innings from Carl Pavano in a 9-5 victory Monday over the baby-faced Devil Rays.

Giambi, who hit a go-ahead single in the seventh for his third RBI, was a big part of the poignant pregame ceremonies, escorting Lidle's wife, Melanie, and 6-year-old son, Christopher, to the mound before they threw out first pitches. (AP)

RULE OUT: D.C. United will make an exception to its uniform rule, allowing new Brazilian midfielder Fred da Silva to play with just the name Fred on his uniform, team president Kevin Payne said Monday. Until now, United had required players to wear proper last names.



#### **Sports**

# **United Heading to Hostile Mexico**

Team had a hard time getting a win in D.C., but this will be worse

UNITED | In the first leg of the CON-CACAF Champions Cup semifinal against Mexican champion Chivas Guadalajara, D.C. United needed a stoppage time goal to escape its own stadium with a 1-1 draw. Difficult weather, thousands of boisterous Chivas supporters and an attacking, high-pressure opponent made RFK seem rather inhospitable.

When asked afterward what

difficulties United might encounter playing in Mexico in Tuesday night's finale, midfielder Ben Olsen quipped, "Didn't we just do it?"

Funny, but no.

Add about 30,000 more fans (all of whom will be rooting for Chivas), some 5,000 feet of altitude, a motivated host and very high stakes and you have a recipe for failure. In fact, neither an MLS club nor the U.S. national team ever has won a game on Mexican soil.

United was drilled, 5-0, in Mexico City at the same stage of the Champions Cup two years ago.



"It's going to be even tougher than it was here. Obviously, they're a great team, and I expect the crowd to be just as rowdy," D.C.'s Josh Gros said. "We've got more experience now, so, hopefully, we won't do the same thing [as in 2005]."

United also has two promising Brazilians who weren't with the club two years ago. Striker Luciano Emilio has been spectacular, scoring four goals in three Champions Cup matches.

Striker Luciano Emilio scored a stoppage time goal the last time these teams met.

Fred da Silva, who finally is eligible following protracted negotiations with his former club in Australia, should provide the technical ability that largely was absent in a midfield that had real difficulty dealing with Chivas' pressure two weeks ago.

'Toward the end, we started to believe in ourselves and some creativity came, but it's going to take a better effort ... to get a result in the next game," United coach Tom Soehn said.

In the other semi, MLS champion Houston takes a 2-0 lead into Thursday night's game in Pachuca. The winners meet later this month for the regional title and a berth in December's Club World Cup. BRIAN STRAUS

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NIT EXPERIENCE: West Virginia basketball coach John Beilein has been offered the job at Michigan, two Detroit newspapers reported. Beilein led the Mountaineers to an NIT title last weekend.



#### **Sports**

# Swengali

WIZARDS | BY MATT SWENSON

#### Wiz Are Done Without Butler

SURELY, THE WASHINGTON Wizards' doctor forgot to say "April fool" after telling Caron Butler he had a broken hand Sunday.

Otherwise, the Wizards were handed their death sentence even as they stand in first place after Sunday's victory over the Bucks.

Butler says he could be back late in the playoffs, but his team will have already made far too early an exit in a season that started with such promise.

Washington is 2-7 this year without the forward and 4-8 without fellow "Big 3" member Antawn Jamison. Fortunately, we haven't seen what the Wizards look like without Gilbert Arenas.

The Wizards' losing record without Butler and Jamison underscores how important health would be in reaching their preseason goal of the Eastern Conference finals.

#### It is not an indictment of the team that it fires blanks without one of its three stars.

In a sick way, there is almost some comfort in seeing that these Wizards can't escape the luck of their cursed Bullets past.

It is not an indictment of the team that it fires blanks without one of its three stars. The same could be said for 90 percent of NBA squads. Unfortunately, the timing of Butler's injury couldn't be worse.

The one bright spot is that the Wizards will be in the playoffs — if only for a short time — for a third straight season.

That is unheard of around here. And there isn't anyone chanting "April fool" about that news either.

To reach Matt Swenson, e-mail matt.swenson@readexpress.com

# Vols Star Forward Longs for a Title

Parker knows she must win to be considered among Tennessee's best

WOMEN'S NCAA TOURNAMENT | At Tennessee, greatness is measured only one way — national championships. Candace Parker longs to be a part of that.

"I want my legacy to be that we hung banners during my career," Parker said Monday, a day before Tennessee was to face Rutgers in the women's national title game. "All the greats at Tennessee hung banners. All of us came to Tennessee to win a national championship. We haven't done so since '98."

The last nine years have been an eternity for Tennessee fans, who celebrated six titles between 1987 and 1998. And the versatile All-American knows all her awards, records and game-redefining dunks will mean nothing without that title.

Against UNC on Sunday, the 20-year-old sophomore - who averages 19.7 points, 9.9 rebounds and 2.8 blocks per game - found herself in foul trouble and on the bench, where she did all she could



Tennessee's Candace Parker, left, is averaging 19.7 points and 9.9 rebounds.

to motivate her team and agonized over every missed opportunity.

In the second half, she had 10 points with 10 rebounds, two steals and a block.

"There's nothing that she can't do," Rutgers coach C. Vivian Stringer said. "She can rebound, dunk, shoot the ball, play the point. I mean, how many players in this world can do that? None." JOE MILICIA (AP)

Late game: The men's national title game ended after Express' deadline. For results | Today's Post, Sports

# **Butler to Miss 6 Weeks** With a Broken Hand

WIZARDS | With All-Star Caron Butler out for six weeks with a broken hand, the Washington Wizards need to advance deep into the playoffs for

him to play again this season.

An MRI on Monday revealed a broken bone below his right index finger. It's a blow to the Wizards, who



Butler

will miss the player called "Tough Juice" as they struggle to hold off the Miami Heat in the Southeast Division.

"I am really disappointed," But-

ler said, "because we finally had everyone back from injuries for the playoff run."

Butler was injured when he hit his hand on the backboard while trying to block a shot during Sunday's 121-107 win at Milwaukee.

Butler, a first-time All-Star this season, was averaging career-highs in points (19.1), rebounds (7.4) and assists (3.7). He is also second in the NBA in steals (2.13) and ninth in minutes (39.3).

Last season, the Wizards went 0-5 near the end of the season when Butler was out with a sprained thumb. This season, they are 2-7 without him. (AP)



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Parking Management, Inc. (PMI), a well established, diversified parking company in business for over 50 years seeks extremely organized hands-on Accountant with at least 5 years experience in public, private or real estate sectors. The Control-ler will assume the overall financial responsibility for budgeting, monthly reporting and financial projections for our service organization, coordination of outside audi tors and preparation of annual work papers. Position requires excellent written and oral communication skills, exceptional computer proficiency, along with the ability to supervise accounting staff in the areas of A/R, A/P, P/R, billing and financial reporting. Spreadsheet experience essential along with an indepth knowledge of computer. in-depth knowledge of computer-ized accounting and reporting systems. Bachelor's degree and CPA preferred. The ideal candidate will be a motivating team player with leadership abilities and a mentoring nature. We offer a competitive compensation package and bene fits plan. Metro accessible DC location with parking available Please reply in confidence with salary requirements to email gtadesse@pmi-parking.com Include job code CN2007 Principals only. EOE.

Administrative



Wednesday, April 4, 10 am - 2pm SPARKS • Alexandria Office

We are recruiting for candidates with the following

- Executive/Admin. Asst. (Security Clearance a PLUS!)
   Customer Service (Bi-lingual Spanish/English a PLUS!)
- Clerical/Data Entry
- Candidates should bring TWO copies of your resume, the names and numbers of TWO professional references, and TWO forms of government-issued ID for an I9 form.

SPARKS • Alexandria Office 5400 Shawnee Road, Suite 110 Alexandria, VA 22312 703-750-0760

ADMIN ASSISTANT—Afternoon shift, Banner Staffing 202-223-3300 45 wpm

Weekend Styles. Every Friday

**JOBS** 

#### ACCOUNTS RECEIVABLES/ COLLECTIONS

Stratford University has an immediate opening in the Business Office to perform Accounts Receivables to include research & follow-up 3rd party payers, students payments & gap financing, BS degree req'd.
Email resumes to: employment@stratford.edu

#### ADMINISTRATIVE ASSISTANT

Seeking a high level administrative support person to assist the dept. director. Must have strong computer & communication skills. BA degree prefd, salary \$25k-\$30k. Email cover letter & resume to sonyab@totalcare1.com

#### Receptionist NEAR BALLSTON METRO

Mandex, an ONR contractor, seeks experienced Receptionist for a variety of office duties. Must have Microsoft Suite. US Citizenship required; secret clearance a plus. Competitive salary and benefits. Resume and salary requirements to rwarwick@mandex.com

#### **ADMISSIONS**

Stratford University is seeking a candidate that has sales experience in the Educational field to enroll students from Associate's to Master's degree levels. BS degree required. Email resumes to: employment@stratford.edu

#### **Airport Jobs**

The shops and restaurants at Ronald Reagan Washington National Airport are looking for upbeat individuals for customer service positions. Positions include cashier, sales associate, server, bartender, as well as management opportunities. Just log onto

#### www.airportstorejobs.com

and fill out an application. Your application will be submitted to all of the concessionaires at Reagan National for consideration! Visit the website today!

#### Association

#### **EXECUTIVE ASSISTANT**

Research foundation seeks Executive Assistant Non-profit or university work experience desired. Degree required. Highly skilled in Microsoft Office and experience with donor data base is preferred. Please fax resume and cover letter to 301 654-5920 or email karm@gastro.org or mail to HR, AGA, 4930 Del Ray Ave. Bethesda, MD 20814

Bus & Truck Repair Company seeks experienced Parts Person. Benefits. Fax resume to: 301-927-1554 or call 301-699-8500.

#### AUTO SALES

#### **SALES MANAGER**

aurel MD Ford Dealer is seeking an experienced Laurel MD Ford bealer is seeking an experienced candidate to oversee our new vehicle sales department. The ideal candidate must be an excellent communicator, well organized, a team player and must possess a strong leadership and people's skills. We offer a competitive compensation and benefit package and a pleasant working atmosphere in a state-of-the-art facility. Please call General Manager, Tom Woods for a confidential interview at: 301-419-2700 or email your resume to: twoods@academyfordsales.com

#### **JOBS**

#### **ATTORNEY**

FT Attorney position for Hispanic non-profit organization. Immigration experience a plus. Any bar accepted. Competitive salary. Fax resume to: 703-998-8997.

AUTO SALES For Used & New Cars/ Volkswagon Springfield. Immediate opening for the experienced profes-sional to sell new & used cars. 25% commission paid weekly. Contact Sales Manager at 703-451-2380 or apply in person at: 6601 Back-lick Rd. Springfield, VA

Auto Technician — Busy 5 bay shop in Gaithersburg looking for qualified individuals. M-F 8am-5pm. Competitive pay. Call Tom 301-926-3045

#### SERVICE ADVISOR ARE YOU TIRED OF WORKING 6 DAYS A WEEK WE ARE OPEN MONDAY THRU FRIDAY 'NO SATURDAY HOURS'

Martens Volkswagen has an immediate opportunity Martens Volkswagen has an immediate opportunity available for a strong C.S.I oriented Service Advisor. We operate on the team system using Reynolds and Reynolds. We have appointment personnel to allow you time to concentrate on your customers. Hours are Mon thru Fri. 7 Am to 6:30 Pm. We are slammed with work so if you currently are suffering from a lack of work we have plenty to keep you busy. Excellent benefits and pay. Reynolds experience preferred. You must have at least 1 year as a current service advisor to apply. Celebrating 100 Years Martens Volkswagen is an Equal Opportunity Employer and a Drug-Free Workplace For a confidential interview contact. Allen Stevenson@martenscars.com

#### Pastry Chef & Chocolatier

Maurice Pasteries. Call: 703-642-0249

#### **BARBER NEEDED**

Must be experienced and Licensed in DC. Call 202-659-1668

BEAUTICIAN & APPRENTICE—Hyattsv, MD.

Nail Technician needed. Salary guaranteed 703-217-3969.

CARPENTER/HANDYMAN—12+ yrs exper. Transp. provided. Own tools req'd. No. VA. 571-229-8066
Childcare

## TEACHERS AIDE/SR. STAFF Immediate openings. Landover daycare. Call: 301-772-8838 or Fax resume to: 301-322-9345.

**CLEANING** 

Please see our ad under "Maintenance" for Power Sweeper Operator Parking Management, Inc. Fax: 202-303-3676

#### **Project Manager**

Commercial General Contractor seeking PM with 3-5 yrs. experience to handlenew construction, additions, renovations etc. Must have knowledge of trades and be proficient with Microsoft Office and any construction software. Good communication skills. Salary depends on experience great benefits. Email resume to: nefits. Email resume to: iadkins@mullallyconstruction.com

WeekendPass rocks. Thursday

#### **JOBS**

#### **COMMUNICATIONS OFFICER**

COMMONICATIONS OFFICER
Public Welfare Fdn seeks exp. media person
to oversee media relations, web site, publications. Excellent writing skills, initiative,
interest in policy issues, strong media contacts.
Competitive sal. w/exc. benes. See:
www.publicwelfare.org or send cover letter/
resume to: hr@publicwelfare.org

Counselor.Whitman-Walker Clinic (www.wwc.org) seeks RESIDENTIAL COUNSELOR for 2 overnight seeks RESIDENTIAL COUNSELOR TO 2 OVERTIGHT shifts a week 12am to 8am. Experience Wimental illness, substance abuse and/or HIV plus adults. Must have valid driver's license w/clean record and high school degree/GED. CPR/First Aid certificate preferred. Fax cover letter/resume to 202-797-4431 or email to resumes@wwc.org. EOE/AA

Whitman-Walker Clinic's Mobile Unit (www.wwc.org) seeks HIV COUNSELOR: Must able to present HIV Counselor certificate. Must have valid driver's license w/clean record and high school degree/GED. Must be willing to work flexible hours during the week and some weekend hours. Must be comfortable in high-risk areas of DC Metro Area (DC/MD/VA). Fax cover letter/resume 202-797-4431 or email to resumes@wwc.org. EOE/AA



JPI is one of the nation's largest private multi-family developers. We're a company dedicated to our employees and believe that success begins with hiring the best people. Our commitment to top performance has created a dynamic, energetic atmosphere that impacts every aspect of our business.

Due to growth in our Construction Department we are

#### **Customer Service Representatives**

Preferred experience in high density condominium or single family residential construction field.

If you are the best in your field and want a company that matches your reputation, please email resumes to Joanne.McKinney@jpi.com or fax 866/876-5098. EOE

DANCERS— Wanted for Gentleman's Club (PG . \$300-\$500/night. No exp. needed 240-286-3660 or 301-568-8500

Downtown DC. Near metro. General Dentist seeks FT Exper. Dental Asst. Good salary and benefits. Fax resume to 202-333-9276.

#### **DENTAL HYGIENIST**

Caring dependable person for busy Bethesda practice where Doctors truly appreciate their staffs. Start May 1st, 2007 through July 31st 2007, Mon-Thur, 6:30am-3:30pm. Please call Mirvana at: 301-657-9249.

#### **Scheduling Coordinator**

PT. For busy orthodontic practice. Good communication skills a must. Ability to multi-task and work flexible hours. 703-451-3900 or fax 703-451-7912.

#### **DISPATCHER**

Day & Night Dispatchers Wanted Immediately. Fort Myer Construction is now hiring: Dump Truck/Heavy Equipment Dispatchers. Benefits: Health & Dental Insurance, 401(K), Vacation, Sick & Holiday pay, etc.

If interested, fax resume to 202-832-7678, email to cschmidt@fortmyer.com

OR apply in person at:
HR Dept.
2237 33rd St., NE, Washington, DC

## **JOBS**

DRIVER \$— A great opportunity for 3 professional couriers! Comm + gas incentives. Potential \$500 - \$800 a week. Benefits offered by a 3rd party co. if you own a car or van, call Don today 301-419-2626.
DRIVER \$— Average \$800-\$1000 in weekly commissions. We have raised our rates & need I/C's with own Van, Car or Pick-up for routes & local deliveries. Call Joe 703-662-2218, Tues-Fri.
DRIVER — BUS DRIVER. P/T, 20-30/hr/wk, up to \$16/hr. AM/PM school run CDL w/B/C Class and P end.

Pend.
Call 202-636-9203

DRIVER — Earn \$600-800/week FT, \$9-14/hr PT.
Driving for TakeOut Taxi, the area's largest restaurant delivery service. Own vehicle req'd. Call:
301-571-0111.

DRIVER
F/T Experienced driver/whse person with knowledge of DC/VA/MD areas. Motivated person w/clean driving record. Benefits. 401K. Please apply after April 2, betw. 8am - 3pm to 4408 Wheeler Ave, Alexandria 22304 or fax resume to 703-370-5902.

Parts from Facility.

DRIVER - SCHOOL BUS— CDL with P/S endorsement, Excellent pay, 301-949-3897.



Maurice Electrical Supply, a premiere electrical distributor in Wash DC and Rockville, MD has several positions available. We are looking for talented professionals experienced in the trade who are motivated to excel & possess excellent cust svc skills. We offer competitive benefits including 401K. Applicants must pass pre-employment drug test. Visit us @ www.mauriceelectric.com for more info. Fax resume to 202-543-3102 with sal req or email hr@mauriceelectric.com. EOE.

We have the following FT positions available:

COMMERCIAL LIGHTING PROJECT MGR & ESTIMATORS

SALES TRAINEES-DC

COUNTER SALES REPS-DC & ROCKVILLE CDL DELIVERY DRIVERS, CLASS C

#### **Facilities Manager**

Facilities Manager

Chemonics seeks a manager for our Facilities Department. Responsibilities include supervising and ensuring that the corporate facility/office operates in an efficient and orderly fashion, supervising maintenance functions, working with vendors and managing the Emergency Action Plan. Qualifications: Bachelors degree preferred, 4+years of relevant work experience, team player, excellent verbal and written communication, organization and coordination skills. Please send resumes to acctrecruit@chemonics.com indicating the position title on subject line. For full position description go to www.chemonics.com

#### AFD's Finance/Contracts Job Fair April 10, 2007 from 4 - 7 p.m.

APII (2007) APIII (2007) APIIII

MINORITIES AND WOMEN ARE ENCOURAGED TO ATTEND! FREE ADMISSION-RSVP 202-464-3762

For more information visit our web site at www.aed.org. AED staff will be on hand to welcome you and share information about AED.

AA/EOE/M/F/D/V

#### **JOBS**

#### Finance

#### **Finance Support Specialist**

Mandex, an ONR contractor, seeks experienced financial analyst preferrably with 7 plus yrs accounting experience and dept. of naval research accounting system. High level contract analysis, budget preparation and management, scheduling metrings, some travel. Microsoft Suites required. US Citizenship required, secret clearance a plus. Competitive salary and benefits. Convenient to Ballston metro. Resume and salary requirements to rwarwick@mandex.com

#### **Finance**

Please see our ad under "Accounting" for the position of Controller

Parking Management, Inc. Email: gtadesse@pmi-parking.com

#### **FINANCIAL AID**

Stratford University is seeking a candidate to oversee the Title IV program of financial aid and insure compliance with the educational regulations. BS degree req'd.
Email resume to: employment@stratford.edu

#### FINANCIAL SERVICES

BECOME AN OWNER/
Start Part-Time

Get paid helping others & begin building a financial service business. You may own, willing to train, high earning potential. Call Ms. Hood 202-744-0612 or 202-636-1686

#### Floral Designer

Fast paced shop in Laurel, FT position, experience preferred. Good benefits, retirement plan. Call Debbie at: 301-725-4454.

Looking for a Florist, experienced need only apply. Call 703-921-9550.

General Jobs TRAVEL AGENTS NEEDED
Work from home, no experience. Call 301-805-8941.
Golf Course

Paid PT Golf Course staff, kitchen staff and beverage cart staff needed immediately. Also need volunteers to work golf course. Mitchellville area. Call 301-249-2040

C—exp req'd. Fax 301-907-4579 HOUSEKEEPER **GROOMERS D & C** 

Wanted FT. Live-in/Live-out (Live-in preferred). Light cooking. Walking & caring for dogs part of duties. Must speak FULENT English. Chevy Chase. Fax resume & references to: 301-652-1713.



#### Junior Recruiter

Access Worldwide Telac seeks bi-lingual individual w/strong verbal, written, & interpersonal skills to join our team.

#### **Oualifications:**

- Pre-screen & interview job candidates
- Analyze information provided on a prospective employee's application
- Determine the suitability of the applicant for employment
- Administer testing
- Conduct weekly orientations
- Develop reports
- Establish recruiting networks through the community
- Fluent in Spanish / English a plus

Call: 571-438-6052 Fax: 866-589-7312

E-Mail: recruitment.cs@accessww.com

#### HVAC

#### A/C Equipment Mechanic

A/C Equipment Mechanics The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages \$47,000. Call Mr. John Bixler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to http://jobsearch.usajobs.opm.gov/a9nga.asp. The vacancy announcement number is #07-17.

WeekendPass. Delicious. Thursday.

Courtyard by Marriott Pentagon South is currently seeking candidates for the following positions:

- Van Driver
- Banquet Server
   Dishwasher
- Server Lead Cook
- Maintenance Helper

- Housekeepers
   Housekeeping Aide
   Laundry- PM Shift Only
   Food & Beverage Manager
   Housekeeping Manager

All hourly Applicants must apply using the Web site provided. Management Applicants must fax r resume to the Human Resources Department at

(703) 740-8422. greatjobs.marriott.com No Walk-ins. Sorry for the inconvenience.

HOTEL



EMBASSY **Crystal City** 

Join our professional and friendly environment!

Director of Sales and Marketing

Front Desk Manage Rartender (F/T PM)

Line Cook (F/T)

nunications Agent (F/T)

Night Auditor (F/T)

Houseperson Housekeeping (F/T) Room Attendants (F/T, AM)

Food Server (F/T. PM)

Embassy Suites Hotel in Crystal City is a Hilton Hotel managed facility. We offer a competitive salary & benefits package along with growth opportunities.

Apply in person Mon, Tue, & Wed. 10am-4pm Applications and resumes that meet all posted requirements will be considered. All position requirements are posted on site if interested fax your resume with desired position to (703) 486-2576

Embassy Suite Hotel 1300 Jefferson Davis Hwy Arlington, VA 22202

EOE. M/F. D/V

Hotel



We are currently hiring for the following positions:

Director of **Catering Sales Sales Managers** 

\*Newly Renovated \*

Applications are accepted Monday - Thursday, 9an - 5pm 1750 Rockville Pike, Rockville, MD 20852 Twinbrook Metro Stop (Red Line) Fax resume to 301.881.6456 DRUG FREE WORK PLACE EOE/M/F/V/D

Hotel



We are currently seeking qualified applicants for

- Cocktail ServersBartenders
- Housekeeping
- StewardingSecurity

Apply on-line at www.hyattregency washington.com Click on "Hyatt Careers"

#### WeekendPass makes the weekend pulse.

Every Thursday in Expres

Service Coordinator—HVAC exp. preferred, admin. support for service managers, scheduling and dispatching of techs, data entry, assist in billing process, proficient in Microsoft Windows software, 3 yrs min. exp., college degree or cont. ed. preferred. Salary based on exp., resumes to chalker@ resumes to **cfelker@** 

HVAC

#### Steam Fitter \$25,742 - \$40,192 Closing Date 4/13/07

The Department of Juvenile Services currently has a vacancy for a Steam Fitter position located at the Cheltenham Youth Facility in Prince George's County. This is a full time with benefits position. Must have completed the 4th grade & must have four years of paid employment as a steam fitter. Submit a MS100 application to the Dept of Juvenile Services - OHR, One Center Plaza, 120 W. Fayette., Balto., MD 21201.

For detailed info & to download the MS100, go to www.djs.state.md.us or www.dbm.maryland.gov.

#### Inventory Taker

Join our local teams taking inventory in area retail stores!

#### \$9 per hour to start

S9 per hour to start

Paid Training-Medical benefits
available after 90 days flexible schedulesregular performance based wage reviewsMust be over 18, dependable, with
reliable transportation and
communication means.
Year-round positions available.
(703)941-9883 for VA
(301)918-3543 for DC & MD
www.rgisinv.com

#### **RGIS**

An Equal Opportunity Employer

Landscape Foreman— Driver's license and experience required with hardscape. Good pay & benefits. Spring 301-384-4486

#### PATENT/LEGAL ASSISTANT

Intry-level position for Old Town Alexandria patent law firm. Will train. Must be energetic, detail-oriented, analytical self-starter with excellent computer skills. Benefits include free parking. Fax cover letter w/job title, salary regs. & resume to Oliff & Berridge at 703-519-0938. EOE.

Loan Officers — exp needed. Sterling, VA 703-980-6203

#### **MAINTENANCE TECH**

FT position with apartments in College Park, MD. Maintain building & grounds. Previous apt. maint. exp. incl. plumbing, painting, electrical & carpentry work preferable. Must have reliable transportation & valid driver's license. Competitive wages & benefits package. EOE. Call (301) 474-3435. Or send resume to Rental Office, 4711 Berwyn House Rd., College Park, MD 20740; Fax (301) 474-0063; email to employment@arbormanagement.com

View open positions at www.arbormanagement.com

Marketing

#### Have the coolest job in the room at your next cocktail party...

Introduce syndicated columns and cartoons to newspapers within Midwest geographic territory in U.S. and Canada. Requires ability to travel min. 2 wks. per month, sales experience, exceptional client relationship and communication skills, and interest in journalism and current events. Salary is \$50K. More info: www.washpostco.com.

If you have the sales drive to walk confidently into every newsroom in the midwest send

into every newsroom in the midwest, send your resume to: talentsearch@washpost.com,

Attn: WGPOST/JT

#### The Washington Post

We are committed to diversity & promote a drug-free environment

. Human Resources

#### THE NEIGHBORHOODS OF



Explore a career opportunity with EYA,

a residential builder/developer. EYA is looking for a VICE PRESIDENT OF HUMAN RESOURCES. Position will lead and strengthen the company's human resources initiatives through strategic planning, employee relations, compensation review and planning, performance management, training and development, supervising payroll, new hire orientation, recruitment, benefits administration and policy complipayroli, new life orientation, recruitment, benefits administration and poincy compilance with local, state and federal regulations. College degree required, professional certification and/or Master's degree preferred. Progressive HR Generalist and supervisory experience a must. Come join a team where commitment to excellence is a passion! Fax resumes to 301.634.8748 or email at humanresources@eya.com. Competitive Compensation and Benefits Package!

INSURANCE SALES



#### What can you do if given the chance?

There are several full time exciting career opportunities available in our local Virginia branch offices (Tyson's Corner, Alexandria & Fredericksburg) for driven and dynamic people with proven sales experience as insurance Counselors.

AAA Mid-Atlantic's Insurance Agency has strived to serve the insurance needs of our AAA Merce by providing multiple services from experienced insurance professionals, you can be one of these professionals!

Our insurance counselors are responsible for sales of insurance products by establishing new business insurance policies. We require a minimum of two year's strong sales experience, preferably in the Insurance related field although, not necessary. Property & Casualty licenses not required until after 90 days of employment. Newly hired associates will have the opportunity to participate in a paid training program.

Successful counselors can expect a competitive base salary and a profitable commission plan based on new sales. Additionally, AAA Mid-Atlantic offers a comprehensive benefit package which includes; medical & dental coverage, 401K plan, portable pension plan, paid time off, tuition assistance and much more!

To have the opportunity to work for a '2007 Center for Companies That Care Honor Roll recipient' and for immediate consideration please apply online:

#### AAAmidatlantic.jobs

\*Other career opportunities within the Mid-Atlantic area can also be found online "AAA Mid-Atlantic is committed to provide a safe and professional work environment"

EOE/M/F/D/V



#### MAIL

Expanding Mid-Atlantic Direct Mail Company located in Frederick, MD looking for the following positions:

#### Mail Maintenance Director

Searching for professional to manage team of mechanics servicing mail equipment. Knowledge of Bell & Howells, FlowMasters, MailCrafters required set PM schedules, train and develop for equipment maintenance. Salary range - \$50K - \$60K.

#### Mail Inserter Mechanic

Experienced inserter mechanic responsible for machine set-ups, adjustments, maintenance, and PM's. Salary range - \$15 - \$20/hr.

#### Positions Available NOW!!

Great benefits includes health, dental and vision insurance plans, 401K, 2 weeks vacation, and more.

Apply in person at 4510 Buckeystown Pike, Unit M, Frederick, MD, 21702 or fax resume to 240-436-1061.

#### MAINTENANCE MECHANIC FT

Preforms preventative maintenance and repairs of buildings and equipment. Requirements: HS graduate or equivalent. Two years maintenance experience; hospital experience preferred. MUST BE ABLE TO WORK EVERY WEEKEND.

Join Us. Competitive salary, great benefits including paid leave, free parking, more. Send resume to Lynda Barnett: lbarnett@sibley.org, fax: 202.363.2677 or apply online: www.sibley.org.

Sibley Memorial Hospital 5255 Loughboro Road NW Washington DC 20016 HR: 202.537.4750



#### **MAINTENANCE**

Parking Management, Inc. has a great opportunity in the DC metro-politan area for a motivated self-starter to operate a ride-on power sweeper and pressure washer maintaining parking garages. Must have mechanical aptitude, valid drivers license, good communication skills, and ability to lift 50+ lbs. Hours 8 p.m. to 4 a.m., Monday through Friday. Competi-tive salary and benefits. Email resumes tó:

gtadesse@pmi-parking.com or FAX: 202-303-3676 Include job code PW2007. EOE.



#### **Call Center Training Manager**

Access Worldwide Telac seeks individual with prior call center Sales &/or Customer service raining experience.

#### **Oualifications:**

- Formulate teaching outline(s) & determine instructional methods
- Select & develop teaching aids Test trainees to measure progress & to evaluate effectiveness of the training
- Supervise developing training specialists
  Effectively communicate with clients & management
- PC Literacy (MS Office)
- Must be available to work day & night shifts
- Tele-Sales training experience a plus Apply in person:

Rosslyn Metro 1820 N. Fort Myer Drive Suite-300 Arlington, VA 22209

> Call: 571-438-6052 Fax: 866-589-7312

E-Mail: recruitment.cs@accessww.com

#### **JOBS**

MANAGEMENT—Dominion Enterprises has an immediate opening for a Circulation Manager for the Washington, DC/Maryland operation. We are the largest distributor of free publications in the United States. Ideal candidates would have route sales management experience but this is not mandatory. Full benefits incl. 401K, health, vision, dental and prescription card as well as paid vacation provided. Send resumes' to Dena at dena.walts@dominionenterprises.com Or fax to: 513-825-5526

MED RECEPT & MED ASST — Temp and temp-to perm in MD/VA/DC. Must have 2+ yrs Dr ofc exper

Fax MSA 703-921-3861.

MED RECEPTS FAIRFAX — Temp and Perm positions available for very exper Recepts. 2+ yrs Dr of one Wistrong referral knowledge. \$13-15/hr. Fax MSA 703-921-3861. See all jobs at metropolitanstaffing com

#### Medical Asst

#### Mental Health Technicians

Full time, (day and evening shifts) and weekend Baylor shift (32 hrs per weekend), as well as part time positions available for individuals with at least one year working with 'at risk' youth in a residential, psychiatric health care setting. Prefer individuals with Associate's or Bachelor's degree in one of the behavioral sciences.

Riverside Hospital 4460 MacArthur Blvd.,NW, Washington, DC 20007 FAX (202) 333-0976 cpicard@riverside-dc.com EOE

#### **NEW HOMES** SALES MANAGER

We've Got the Ideal Job!!!

Miller and Smith is seeking a dynamic Sales Manager to sell and manage our exciting new homes in Bowie, MD. With over 40 years of building excellence, our homes and communities are constantly recognized within the industry for inovative designs and superior marketing. While we are a large, local builder, there is no corporate bureaucracy like that found with national builders. As our mission, we have instilled a culture of empowerment among our employees that allows and encourages them to "Do the Right Thing" in all actions. We are seeking only top performing sales professionals with a proven track record in new home sales to experience the Miller and Smith difference! Interested candidates should e-mail their resume and cover letter to HR@ millerandsmith.com or fax to (703) 394-6605.



or fax to (703) 394-6605. EEO M/V/F/D

#### Nursing

#### **Certified Nursing Assistants**

The Washington Home is in need of Certified Nursing Assistants. You will be responsible for participating in the delivery of direct resident care & comfort as assigned by licensed nursing staff. You must have a CNA DC License, and current CPR. One year rehabilitation exp preferred. PT & FT evening & night positions available. Fax resume to 202-966-2463, or email to cmarroquin@thewashingtonhome.org or visit us to complete an application & competency test at:

3720 Upton St., NW, Washington, DC 20016 Monday - Friday, 8 AM - 5 PM EOE, M/F/D/V

Office Assistant Needed immed in Fairfax City. 50wpm, Must be organizationed, multi-tasker, & fast paced. FT. Fax 703-383-3246

#### Office Business Manager

Busy pediatric practice with 3 physicians in NW DC seeking experienced 2 yr plus Office Business Manager in FT position. Computer savy. Go getter. Medi-Soft and QuickBooks a plus. Good people skills. Salary position. Fax resume to 202-244-2192.

#### OPTICIAN

Looking for energetic, retail oriented people to work in any of our 5 locations. **RETAIL SALES, MANAGERS & LAB TECHS.** Call 301-922-4992

#### PHYSICAL THERAPY ASSISTANT

Sports & Ortho private clinic. 30+hrs/week w/benefits. 12-6pm. PTA lic req'd. Dwntwn DC, nr Metro. See starclinic.net. Fax resume 202-223-1738 or email: kbraunpt@cox.net.

#### Property Management

#### **Apartment Maintenance** Supervisor

JPI, a national apartment management company seeks this individual to join our team at our brand new apartments, Jefferson at Thomas Circle. Must be HVAC certified and have property management experience. We offer excellent salaries and benefits. Email resume to jeffersonatthomascircle@jpi.com or fax to 202-216-2956 Attn: Jennifer. EOE.

#### **PLATEMAKER** (Part-Time, On-Call)

The Washington Post seeks four color film/plate production Journeyman to make plates at our College Park Plant.

#### Requirements:

Record, process and distribute negatives/ plates; Evaluate quality; Maintain equipment. Candidate must possess excellent work re-cord; ability to multi-task without supervision; is responsible/ accountable; communicates well and works effectively with diverse work

> 5245 Greenhelt Road 5245 Greenbert Road College Park, MD 20740 Attn: HR/PTOC PLATEMAKER TDD ONLY: (202) 334-4529 Fax (301) 446-1104

#### The Washington Post

We are committed to diversity in the workplace and promote a drug-free work environment

#### Printing

Growing DC Reprographics firm is seeking motivated individuals for entry level positions as FM Operators and FM Floaters. We are willing to train however all positions require:

- 1-2 years customer service skills
   Written and verbal communication skills
   (English)
   Computer skills

Send your resume to email:keyas@nrinet.com, fax: 202-296-6369 or stop by our Open House on April 4, 2007 from 10:00am-2:00pm. 1705 De-Sales Street, NW Washington, DC 20036. EOE

#### Printing

Press Operator Exp. 2-Color. Manassas. 703-365-9582

#### PROJECT MANAGEMENT

#### **Open House** Recruiting Event Wednesday, April 4th 5:00pm - 8:00pm

SiloSmashers, a management & technology consulting firm, is looking for experienced professionals with the following expertise:

- Project Management: Six Sigma, ITIL, CMMI, Portfolio, Acquisition, CPIC, (PMP Certified)
- IT Security Officers: CISSP
- Marketing & Comm: Strategy &
- Business Transformation: Change Management/OD (DC & Richmond, VA), Business Process, CPIC/Exhibit 300, Succession & Strategic Planning

Please bring your resume. On-site interveiws will be conducted.

RSVP and apply to http://net-apply.com/9392 (send resume if you cannot attend)

2677 Prosperity Avenue, Suite 100 Fairfax, VA 22031

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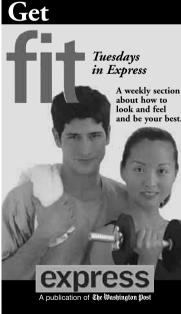
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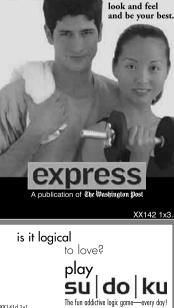
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#### Special Report solves the "My home isn't selling" problem

WASHINGTON METRO - A Mr. Sanya states that the "Special Report" explodes what its author exposes as "The compendium of his many years myth of slow home sales." In of real estate experience and fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Report represents can be of substantial value to homeowners, especially those whose homes have been on the unsold market for considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site - www.WantItSoldNow.com.

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\* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

# NSIDE

Color is cool for spring styles | 35



**Trumped:** Donald keeps his hair, not dignity **38** 

**Hoyas exit:** Wilbon on Jeff Green's future **36** 

#### **Books**

#### N.J. man embarks on successful writing career in his 90s

Into his 90s, decimated by the loss of his beloved wife, and alone at night with the memories of a rough and sad childhood spent battling an alcoholic father and vicious anti-Semitism, Harry Bernstein decided to write.

What started out as almost a form of therapy eventually turned into a book called "The Invisible Wall" that chronicles his childhood in a northern England mill town and — considering that it wasn't published until he was 96 — serves as an inspiration for aspiring authors.

Bernstein began writing "The Invisible Wall" when he was 93 as a way to deal with his memories and the loneliness he felt after his wife of almost seven decades, Ruby, passed away from leukemia in 2002.

"I didn't know what the heck to do with myself. ... You know when you get into your 90s like I am, there's nowhere else to think except the past. There's no future to think about. There's very little



NOT TYPECAST: Harry Bernstein, 96, works at his typewriter in his Brick, N.J., home.

# The Up-and-Comer

present," says Bernstein, who gets around his New Jersey house slowly, with the aid of a cane, and is the sole survivor in his family.

"So, you think of the past, particularly at nighttime when you're

lying in bed. And it all came back. So, I began to write, and I was occupied, and it was really the best therapy I could have had."

Bernstein first sent the finished manuscript to New York publishers

but, having no luck, he sent it to the London office of Random House. There the book sat for about a year until it came across the desk of editor Kate Elton.

"I think he's a most fantastic

writer," Elton said. "He creates the characters of his family so vividly and tells such a moving story."

"The Invisible Wall" has already

# 66 I think he's a

most fantastic writer. He tells such a moving story."

KATE ELTON, RANDOM HOUSE EDITOR

been published in England and Sweden and will also be released in Germany, Italy, Finland and Norway this year.

Now that he has the hang of book writing, Bernstein says he could probably write a few more and is considering writing about his marriage. His second book, "The Dream," is almost finished and centers on the family's move to the United States; Ballantine has already signed on as the American publisher. REBECCA SANTANA (AP)

#### Day Cruise on a WWII Liberty Ship



2007 Cruises on the Chesapeake Bay May 19, June 23 & Sept 22

Portland, Maine - August 18 Boston, Mass - August 24

**Tickets are \$125 each** Group rates available Last day to order tickets is 14 days before the cruise. Conditions and penalties apply to cancellations.

This exciting six hour "Voyage into History" on the SS JOHN W BROWN features: continental breakfast, luncheon buffet, music of the 40's, flybys (weather permitting) of wartime aircraft. The ship is open for tours including the engine room, museums, crew quarters, bridge, and much more.

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# Do you experience panic attacks?

Do you have sudden rushes of fear and discomfort that may include palpitations, shortness of breath, trembling, or lightheadedness?

If so, you may be eligible to participate in a treatment study.

#### Participants must:

- Be 18 years of age or older
- Have experienced panic symptoms for more than a month
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#### For more information contact: Anxiety Disorders Research Lab

Anxiety Disorders Research Lab American University, Washington, DC

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# In It for the Long Haul

#### **Travel**

#### Some travelers claim cargo ships are the perfect travel option

When Ravannah Schrack booked her latest cruise, she knew exactly what she didn't want: flashy shows, formal dinners and competition for deck chairs around a pool. So, instead of booking on a traditional cruise line, the self-described untourist booked a berth on a cargo ship, her fifth such vacation.

She got exactly what she wanted: solitude, simple meals and containers as next-door neighbors.

Cargo ships may not have spas with fruity facials, rock-climbing walls and water slides, spinning classes and planned shore excursions, but freighter enthusiasts rave about their trips. With only a handful of travelers on any voyage, there's no dress code for dinner and plenty of space.

"It's the un-cruise," said Schrack,



Cargo ships may not have spas, water slides or rock-climbing walls, but freighter enthusiasts rave about their trips on them.

a retired teacher from Vancouver. British Columbia.

"We like saying it's like staying on your own yacht with a captain," said Ranko Zunic, the owner of Maris Freighter & Specialty Cruises, a Connecticut company that books freighter travel.

Zunic's company is one of a small number that book the trips, and he sells between 200 and 300 annually. A California company, Freighter World Cruises Inc. books about 1.000 trips a year, and a third company, New York-based TravLtips, Inc. arranges about 200, most through Freighter World.

By comparison, more than 12.5million people are expected to take traditional cruises this year. And the experiences are oceans apart.

On freighters, cabins are utilitarian. There are no 24-hour buffets or gourmet cooking demonstrations; dinner usually has a single option. Travel has to be booked far in



RANKO ZUNIC, MARIS FREIGHTER

**National Cities** 

40/35/r 82/54/t

54/30/s 82/66/s

83/71/s

86/63/s

City Atlanta

Boston

Dallas

Honolulu Los Angeles

advance, and while the cost is usually less per day, about \$100, voyages are longer, so the trips remain costly. At the same time, cargo ships aren't in port long, largely nixing extended shore visits.

Many of the travelers are retired or older. Florence Hansen, 73, of Spokane, Wash., has been on at least 10 freighter voyages and called traditional cruises "dreadful." But, Andre Reams, 45, of Arlington, Va., simply hates to fly. For the past decade, he's been boarding the ships once or twice a year for work travel.

"I feel there is no reason under the sun to get on a plane. The freighters work perfectly for me," Reams said.

Freighters aren't for everyone. Passengers must be in good physical condition, as the ships generally don't have elevators, and because there is no doctor onboard, some ships set an upper age limit.

Joycene Deel, president of Freighter World Cruises, says her company screens clients to make sure they really want to travel by cargo ship.

"People have this glamorized image. It usually is not what you dream about. When you come down to reality, it's a working cargo ship," Deel said.

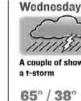
Bud Kibbee, 81, of Quincy, Calif., took his first freighter ship voyage last year. He and his wife had been on cruises, but he said his five-week voyage converted him.

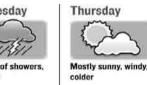
"I'd take the freighter every time," he said. JESSICA GRESKO (AP)

#### 5 Day Forecast for the Washington Area





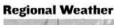








42° / 30°





Forecasts and graphics provided by AccuWeather, Inc. @2007

#### Almanac

Washington, D.C., through 4 p.m. Mon. Temperature

High	82°
Low	51°
Normal high	62°
Normal low	42°
Average humidity	56%

#### Precipitation

24 hours ending 4 p.m	0.01"
Month to date	0.01"
Normal month to date	
Year to date	7.88"
Last year to date	5.77"
Normal year to date	9.64"

washingtonpost.com/weather

#### **Regional Forecast**

D.C. Metro: Today, mostly sunny, quite warm. High 78. Wind south 4-8 mph. Tonight, increasing clouds. Low 55. Wind southeast 7-14 mph.

#### Sun and Moon

Sunrise today	6:51 a.m.
Sunset tonight	7:33 p.m.
Moonrise today	8:47 p.m.
Moonset today	7:00 a.m.







# National Weather for Tuesday, April 3 -10s 70s

## **World Cities**

n, i	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
S	70/42/pc	Amsterdam	55/39/pc	57/39/pc
	40/36/r	Athens	63/48/pc	64/52/c
	42/29/sn	Berlin	52/30/pc	48/28/pc
	66/49/s	Buenos Aires	77/57/s	77/59/s
	54/35/pc	Calgary	24/16/sn	31/23/c
3	82/66/s	Dublin	50/39/pc	52/37/s
C	73/57/pc	Geneva	63/39/pc	63/33/s
	83/67/pc	Moscow	50/36/r	37/20/1
C	52/38/r	Rome	63/50/t	59/45/t
3	86/60/pc	Sydney	75/62/pc	73/62/sh
	55/44/c	Tokyo	54/4I/sh	52/38/pc

# Styles

# Color

#### Electric hues like pinks and blues are the fashionable colors for spring

every skin tone and hair color."

green shoe, she suggests.

of Alice + Olivia.

"At the beginning of spring, a pop

Francisco Costa, creative direc-

of color attracts your eye," said Sta-

cey Bendet, designer and founder

tor for Calvin Klein Collection, says

he was drawn to bright yellow in his

collection because it's very straight-

This spring, your clothes can be bright. Or they can be neutral. Or even a way-before-Memorial-Day white. Easter egg colors, however, need not apply.

Striking colors, not ornamentation, are making this season's musthave mini-dress look special, said Sally Singer, Vogue's fashion news director.

"I'd invest in one azure blue thing," said Singer, who already bought a dress in that hue. "It looks good on

> "I just wanted something to be energetic," he said. "Yellow is a given for that. It's fresh, it's bright, it's eccentric. Also, being a primary color — I thought that was cool, too. I like colors in their primary form." But both Costa and the Calvin Klein label are neutralists at heart.



PURPLE REIGN: This French Connection UK dress combines three spring trends: a loose, relaxed shape, embroidered accents and deep purple. (\$158, Bloomingdale's Tysons Corner and White Flint)

**GRANT ME GRACE:** Coach's new Grace espadrille is a candycopia of stripes, with pinks, greens and blues accenting the beachy wedge. (\$178, Bloomingdale's)

The flash of yellow really was an exclamation point for a collection of mostly shades of white that also had a few indigo-colored pieces.

"We don't use neutrals for the sake of being minimal, but they're easy to work with," Costa explained. "The use of color here, there's a practicality to it. A neutral palette is very calming."

The shape of clothes is what everyone is concerned with right now, and if you have interesting shapes with too many colors, it can be distracting, Costa said. "I like to isolate an element — the stones, grays and whites, everything is back to nature, space and clean air, light and sun."

Nature and its shades of brown, tan and green, are a prominent theme in Macy's stores right now, and Saks Fifth Avenue senior fashion director Michael Fink says a palette based on creamy ecrus and sand colors is very soothing. Meanwhile, at Bloomindale's the emphasis is on pop-art graphics with splashes of yellow, orange and green.

Donna Wolfe, operating vice president and divisional merchandise manager of dresses, coats and swimwear at Bloomingdale's, allows that the popularity of green could be a mental link with all the ecoconsciousness everyone seems to be developing.

White is the glue that holds all the disparate looks together.

"White is a big thing. We've never seen white quite this early," Wolff says. "It's a fashion color, not a thing you wear only after Memorial Day." SAMANTHA CRITCHELL (AP)

#### Shopping



#### Pink With a Purpose

If you're a mom who has overcome breast cancer, you might be one of the "Pink Power Moms" BRIGHT **STARTS** is searching for. The toy brand is looking to honor eight women who have used their cancer-fighting courage as a model for their children. Nominations can be made at brightstarts.com/pink. They'll also be donating a portion of the sales of all Pink Collection items, like the Pretty in Pink Bouncer (\$27, Wal-Mart) to the Komen Foundation. JESSICA MILCETICH (EXPRESS)

#### Beauty



#### **Grandma Is Now Cool**

Sometimes, going back in time is when you find the best stuff. Have you tried to buy a good cotton gin lately? ESTÉE LAUDER has introduced the Heritage Collection, inspired by founder (duh) Estée Lauder. The collection includes a gold-plated hairbrush (\$50, only at Neiman Marcus and Saks Fifth Avenue), and an assortment of White Linen-based items, like candles and soaps (as well as the perfume itself). The packaging is a smashing gold-accented deep blue. KRISTEN PAGE-KIRBY (EXPRESS)

# LOOK Online



#### readexpress.com

#### site specifics

FREE RIDE

#### **Beloved Brew**

In recent months, Bell's Brewery of Kalamazoo, Mich., expanded its distribution to the D.C. area, making its much-loved beer accessible to Michiganders who have fled the state's economic woes. Express' Michael Grass notes that Bell's springtime brew, Oberon, is now popping up around town. | ONLINE NOW





FREE RIDE

#### **Cherry Pics**

Can't escape the office this week to head down to the Tidal Basin to see the cherry blossoms? If you're stuck in your cubicle, don't fear. Cherry blossom photos abound online and are a good distraction from real work. Express picked some top photos of the blossom beauty. | ONLINE NOW

ENTERTAINMENT

#### **War Stories**

Veteran comic book creator Rick Veitch, who has worked on everything from "Swamp Things" to "Teenage Mutant Ninja Turtles," has his sights on the Middle East with "Army@Love." Express' Scott Rosenberg talked with Veitch about his new series. | COMING UP



#### comment board

It is the responsibility of each service to decide what is and is not appropriate for its members in and out of uniform. Military members take an oath to obey the orders of those appointed over them. ... [T]he Marine Corps has set a high standard on ... professional appearance."

**COMMENTER CUBESITTER** SUPPORTS THE U.S. MARINE CORPS' DECISION TO PROHIBIT LARGE TATTOOS, A CONTROVERSIAL MOVE THAT HAS UPSET MANY MARINES.



José [Andrés'] restaurants are the best. I am going to Oyamel this weekend for the first time, and I cannot wait to try the grasshopper tacos. Congratulations to the newly crowned Iron Chef!"

COMMENTER L.A. KING SINGS THE PRAISES OF LOCAL CHEF JOSÉ ANDRÉS, WHOSE TEAM BEAT THE FORMIDABLE BOBBY FLAY DURING SUNDAY'S "IRON CHEF AMERICA."

#### poll center

TODAY'S QUESTION

# Do nightclubs make neighborhoods more dangerous?

1. Yes 2. No YESTERDAY'S RESULTS

# Were the Marines right to ban large tattoos?

AS OF 6 P.M. MONDAY. NOT A SCIENTIFIC POLL

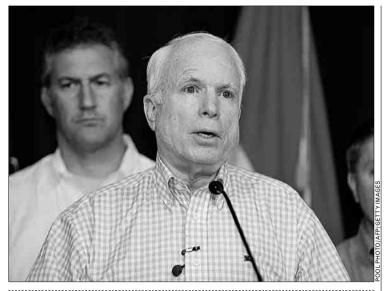




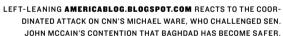


"With the Nationals losing 9-2, Washington, Jefferson, Lincoln and Teddy decided to leave the game early. Some fans they are."

STEVETHECHAMP.VOX.COM DOCUMENTED OPENING DAY AT RFK STADIUM. THE WASHINGTON NATIONALS LOST TO THE MARLINS, PROMPTING PRESIDENTIAL MASCOTS TO JET EARLY.



"If Republicans put as much time into running the war as they do ... attacking anyone who disagrees, ... we might make some progress."





"HOW DOES a man on active duty get leave for months to participate in a televised, low-class concubine pageant, while soldiers can't get a few days to see their families and get blown up in greater Islamia?"

RIGHT-LEANING DEBBIESCHLUSSEL.COM
SAYS IT IS "INAPPROPRIATE" FOR U.S. NAVY
LT. ANDY BALDWIN TO PARTICIPATE IN THE
NEW SEASON OF "THE BACHELOR" WHILE
U.S. TROOPS ARE BUSY FIGHTING ABROAD.

"I USUALLY blogged during class, as well as doing most of the reading of random Internet sites that constitutes the prerequisite to getting any real work done. So, now I never blog and never do any work. ... I await trial."

BARZELAY.NET IS SUING HEWLETT-PACK-ARD, SAYING THE COMPANY HAS TAKEN WAY TOO LONG TO REPAIR AND RETURN HIS LAPTOP COMPUTER.

"VINCE HAD TO GO razor-toscalp and did not take it well. ... Vince, it'll grow back."

YOURPALPETE.BLOGSPOT.COM, A LOCAL
BALD-HEADED BLOGGER, THINKS WWE
CHAIRMAN VINCE MCMAHON SHOULD CHILL
AFTER LOSING A BET WITH DONALD TRUMP.

#### Live Online

#### **Wilbon on Sports**

Post columnist MICHAEL WILBON was online Monday and talked about "spoiler fans," whether Jeff Green should stay or go and whether Pat Summit should coach a men's team.



Do you see a rise in "spoiler fans"? It seems that we are hearing more and more about a

few exceptionally vocal boosters, alumni and fans driving coach hiring and firing processes. Is this just part of that whole Internet fad,

#### or do you see this as a growing phenomenon?

Fad? No. People think they ought to be able to be interactive at every stop in life now, whether they know anything or not. I see it as part of the landscape, increasingly impactful and increasingly annoying at the same time.

#### Do you think Jeff Green will go pro?

I have no idea what Jeff Green will do. I think he has come pretty close to finishing his apprenticeship, so I would not rant and rave if he left, not after three great years at Georgetown.

With her dominance of women's college hoops for the better part of two

#### decades, her drive and competitiveness, could Pat Summit ever coach a men's team successfully?

I think she could successfully coach a men's team. But to what end? Why should Summit leave women to coach men? She makes as much money as Bruce Pearl, the men's coach at Tennessee. She's more famous and just as respected, if not more. She should coach men to, what, satisfy male curiosity? I hope Summit continues to coach women, unless she feels some overwhelming need to do otherwise.

TODAY ON LIVE ONLINE:

Orioles legend Cal Ripken, who will be inducted into the Hall of Fame this year, fields your questions at 3:30 p.m. | washingtonpost.com/liveonline



**BUILD YOUR OWN TALKING CAR.** Sure, anyone can buy KITT — the true star of "Knight Rider" — now that it's on sale at a California auto dealership. But one fan made his own KITT and detailed the project (www.mdknightrider.com). Plus, there's info on a "Knight Rider" fan convention in Towson, Md.

### Bizarro | Dan Piraro



**Cornered** | *Mike Baldwin* 



"And if I don't see a turnaround soon. I'll be forced to use my outdoor voice."

Pooch Cafe | Paul Gilligan







**Pearls Before Swine** | Stephan Pastis









The Duplex | Glenn McCoy



### Horoscope

By Stella Wilder

ARIES (March 21-April 19) Someone may claim it's none of your business — and he or she is probably right. Still, your perspective is a valuable one.

TAURUS (April 20-May 20) What you are willing to do for another, someone is very likely willing to do for you in return. This is the beginning of a beautiful friendship!

GEMINI (May 21-June 20) You may doubt your own abilities, so it's time to trust someone else who seems to have more faith in you than you do at this time!

CANCER (June 21-July 22) Now is no time for you to give up, no matter how tough it may be, or how much the deck seems stacked against you. Potential is high. LEO (July 23-Aug. 22) What is mere guesswork to another may be clever and careful deduction on your part. Indeed, you do seem to be onto something at this time.

VIRGO (Aug. 23-Sept. 22) You can negotiate quite a bargain for yourself, if you play your cards right — and curb the temptation to reveal too much too soon.

LIBRA (Sept. 23-Oct. 22) You may be unusually accident-prone; keep travel to a minimum if you must, and be sure you take all necessary precautions.

SCORPIO (Oct. 23-Nov. 21) You mustn't make more of a situation than it already is. If you're not a part of the solution, remember, you're part of the prob-

SAGITTARIUS (Nov. 22-Dec. 21) Your own dependability will be appreciated by friends and family members — and even total strangers will have a reason to thank you.

CAPRICORN (Dec. 22-Jan. 19) A Gemini or Cancer native is likely to bring a little extra excitement into your life, and you must be prepared to respond in kind.

AQUARIUS (Jan. 20-Feb. 18) A surprise announcement will have you preparing for a major new effort to begin before you know it. Are you really ready to be in charge?

PISCES (Feb. 19-March 20) Pay attention to those doing things in unusual and unorthodox ways. It's your turn to prove a new method can, indeed, work.



Florida's basketball team celebrates its national championship victory last year.

### **Today in History**

1860 The legendary Formy Express begins ser-The legendary Pony vice between St. Joseph's, Mo., and Sacramento, Calif.

1882 Outlaw Jesse James is shot to death in St. Joseph's, Mo., by Robert Ford, a member of James' gang..

President Truman signs the Marshall Plan, designed to help European allies rebuild after World War II and resist communism.

1968 A day before he is assassinated in Memphis, Tenn., Martin Luther King Jr. delivers his famous "mountaintop" speech to a rally of striking sanitation workers.

996 An All Follow, Secretary Ron Brown and American business executives crashes in Croatia, killing all 35 people aboard.

Florida beats UCLA. 2006 73-57, to win the NCAA title in men's basketball.



# **People**



Publicity stunt or worst fetish film ever?

#### CREEPY

### Trump Too Happy to Be Shaving a Man's Head

One of the world's most famous 'dos remains intact after **DONALD TRUMP** prevailed in Sunday night's "hair match" at Wrestlemania. Trump beat WWE owner VINCE MCMAHON in the "Battle of the Billionaires." After his triumph, Trump gleefully took shears and a razor to McMahon's head. (AP)

### STUPID ACCESSORIES

### **Unearned, Self-Righteous** Rage Is the New Trucker Hat

**JUSTIN TIMBERLAKE** blames celebrity magazines for turning his personal life into gossip fodder. "I despise



what they do," he tells Details magazine. "They create soap operas out of people's lives. ... It's a spin game, and I

choose not to take part in it." That includes not dishing about former girlfriends: "I would never say anything bad about anyone." (AP)



# DNA, Daddy, Etc.

ANNA NICOLE SMITH's partner dropped his bid Monday to halt the use of DNA to prove the paternity of Smith's daughter when it appeared a Bahamas court would reject his appeal. Stern is listed on the birth certificate as the father of Dannielynn, who was born in the Bahamas in September. The child's DNA was tested on March 21, but the results have not been revealed. (AP)

#### SOME ASHES

Alpha Centaurians Are, Like, 'Thanks for Nothing'

The ashes of JAMES DOOHAN. who played Montgomery "Scotty" Scott on the original "Star Trek," have been loaded into a rocket set to launch in New Mexico later this month. The remains of Doohan and some 200 others were loaded into the rocket Friday by Charles Chafer of Celestis, a company that sends cremated remains into space.

"And we're ready to go," Chafer said after inserting the silver canister. He's aware of the dedication of "Star Trek" fans. "There's

> no doubt that we'll find a way to accommodate fans who travel here and want to be part of that experience," he said of the launch. Families paid \$495 to have a few grams of their loved one's ashes placed on the rocket, which will

take off April 28. Doohan died in July 2005 at age 85. (AP)

#### HIPPIES

### **Crunchier Than Stale Granola**

MARTIN SHEEN was among a group of activists cited during an anti-nuclear protest Sunday at the Nevada Test Site. A total of 39 protest-



ers were released after being cited by sheriff's deputies for crossing onto test-site property. (AP)

'No. I Don't Consider Complete **Emaciation a Weight Problem'** 

Teen starlet HILARY DUFF claims she's never had a problem with her weight, but feels pressure to be thin. The 19-year-old told People magazine that she's either perceived as too fat or too skinny in the media, which she says can be "judgmental and mean." "And if you don't like the way you look or feel insecure, when people say things about you - in magazines or just in everyday life — they can be hurtful. ... But you'll never make them happy," she explained. Duff's new album, "Dignity," drops on April 3. (AP)

## Are you hiding out because of ACNE?

You may be eligible to participate in a clinical research study testing an investigational gel medication.

To qualify, you must be 18 years of age or older, be in good general health and have acne on the face.





MEDICAL FACULTY ASSOCIATES

For more information call Nicole Bisby or Suzanne Schuck at: (202) 741-2442

The George Washington University Clinical Trials Unit 2150 Pennsylvania Ave NW, Washington, D.C. 20037 The Clinical Trials Unit is conveniently located in the Ambulatory Care Center

19

29 30

50

52



### **Bird Feed**

### ACROSS

1 Raines of old films 5 "Presto!" 10 Drops below the horizon 14 Nectar harvesters 15 Reptile that's

really sumthing? 16 City map 17 Grocers stock them

18 With no weaning 20 Hydrotherapy facility

21 Have the moxie 22 Maroon

23 Isn't straight? 25 Herring young 26 Type of union

28 One lingering aimlessly 32 Utilizes a library,

in a way 33 They sometimes accompany eiections

34 Ringside cheer, perhaps 35 Bit of ocean life

36 It's good to meet them

37 Catamount 38 Intimate friend

39 Informal attire 40 Made a grand grander? 41 They help you

acquire contacts 43 Use a clothesline, e.g. 44 Sciences

partner . 45 WJM's Mr.

### Grant

46 Set a lofty goal 49 Tap-on-theshoulder alternative 50 Stumblebum 53 Foolish one

55 Band from Stockholm

56 It may get a good licking 57 Prodigious 58 Pajama material, perhaps

59 Adrenaline releaser 60 They pull their

load 61 Deliver a low blow, in a way

### DOWN

1 Is retrocessive 2 Sudden

transition 3 Top-notch lawyer

4 Cousin of a zebra 5 Unoccupied 6 They can be

offensive Not up to much

8 Spearheaded 9 Highway system components 10 Soft drink since

11 Brotherhood since 1868

12 1.3-ounce Asian weight

13 Lid infection 19 Apartments

21 Speaker's stand 24 Icelandic writing 25 Connery and

Moore, e.g. 26 Black band of

mourning (Var.) 27 Four-legged race 28 Title clouds 29 Type of tournament 30 Wabbit hunter 31 Starter's alert 33 Notable achievements 36 Seniors may use them 37 Unsullied 39 Tom's prey, in

cartoons 40 Sunglasses feature 42 Adapt, as for a

### 60 specific purpose 43 Company possessions, e.g. 45 Very, to the maestro

46 Starting from 47 Mudder's father 48 Emotional request 49 It has been compared to a tree 51 Having sufficient skill 52 Charlatan

54 Zincite, e.g.

permission, e.g.

55 Request

### Yesterday's Solution

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### Su|do|ku

Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

### **Need more** Su|do|ku? Find another Sudoku

puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.

### Yesterday's Solution

-		uuy	-	Oiu				
1	8	9	5	3	4	6	7	2
7	4	3	6	1	2	8	5	9
6	2	5	8	9	7	1	4	3
6 3 5	9	8	7	5	6	2	1	8
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9 2 8	5	1	3	4	8	7	2	7 6 5
2	3	7	1	6	9	4	8	5
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**PHYS ED** 

# **Bulges in a Blink**



Quick exercise tricks to make your physique look more toned for hours | **E5**  **WELLNESS** 

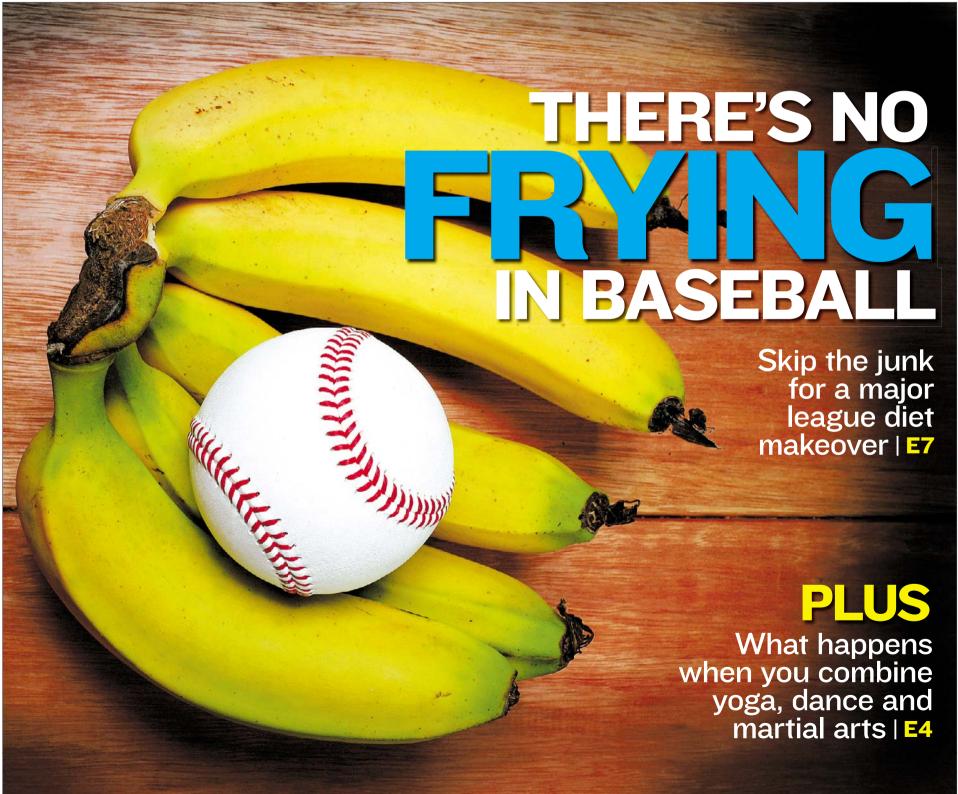
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# **BaggageCheck**

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## When BlackBerry Is the Relationship Rival

My boyfriend is on his cell phone or computer all the time. He says it's for work, but, of course, it turns into checking sports scores and playing games. I feel like he's not really there when he's there. It seems to go beyond the computer, too. He's always looking to see who else came into the restaurant, or messing with his phone under the table. I've tried to talk to him about it, but he gets defensive. I don't know how to handle this.

- DISGRUNTLED IN THE DISTRICT

Like someone with flimsy tongs and a smorgasbord of raw meat, first you have to figure out what it is you actually want to handle.



If you're hoping to get him to do a big turnaround, then, in the words of the Magic 8 Ball, "Outlook

not so good." Not because people can't change, but because your guy doesn't seem to want to. If you're

hoping to figure out how to adjust to his not budging, that also seems like an uphill battle. I'd have a hard time telling someone to get used to feeling neglected and ignored.

If this is his style — hard-driving, competitive, more of a BlackBerry than champagne-and-strawberries man — you'll probably see bigger incompatibilities down the road. If this is a temporary fixation or an alterable habit, though, it might have a better prognosis. The catch? He still has to want to change. Assess how big a part of him this behavior really is. Then you decide what you're willing to accept, he decides how close he's willing to come, and you drill it all together (hardware sold separately) and see whether the new relationship structure bears the weight of you both.

I'm pretty positive that I'm being edged out of my group of friends. Lately, they don't always save a seat for me at lunch. They make jokes that

don't include me and they don't bring me into conversations.
What should I do? —ANONYMOUS

Talking to the one you trust most and explaining the not-so-tastylunch vibe would be a good first step. This should not be confused with begging them to treat you better - they don't deserve you if they're pulling this for no good reason. But you do need to make sure there hasn't been a misunderstanding. Barring that, I'm afraid this might be one of those situations in which people show the limits of their worthiness, and you might need to consider branching out. I hate to take a line from "Maddening Cliches of Advice Columns" (now in paperback!) but to meet new people, the best bet is to seek out some activities that interest you. It's a two-forone, with the chance to make likeminded friends as the bonus.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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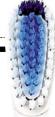
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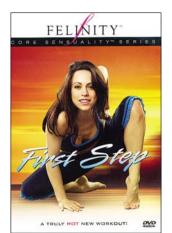




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# Goods fit





### Babe Steps

NEVER TIE YOUR HAIR BACK, Alyson Joy tells the women watching "First Step" (\$16, amazon.com), the beginning DVD in her new series based on the seductive dance forms she teaches at her Toronto studio. She wants you to feel your femininity—and sometimes caress your tush—as you follow along with her moves, which blend Pilates with stripper struts. It'll work your core for sure, but if you don't want to learn how to "tease," this ain't for you.



### **1** Low-Cal Licks

IF A PINT OF ICE CREAM seems like a reasonable serving size to you, it's time for a reality — and gut — check. Good Humor-Breyers is making indulgence a bit easier to regulate this summer with the introduction of four products with just 100 calories per serving: Slim-a-Bear ice cream sandwiches, Slim-a-Bear ice cream bars, Fudgsicles and cups that make sure you gobble down only your allotted half-cup of Double Churn Cookies & Cream. They're all made with low-fat, but still delicious, ice cream. And eating just one amazingly satisfies a craving.



SpinBrush line. (It's still not narrow enough to fit in most toothbrush holders, though.) Oddly, the head doesn't spin.

The outer layer of bristles stays stationary while the inner cluster vibrates up and down. But it's pleasant to use — it doesn't make your teeth feel like they've barely survived an earthquake, yet still imparts a sense of extreme dental cleanliness.

### In NYC, Go Allergy-Free

PART OF THE BIG APPLE'S charm has always been that it's kind of dirty. But dust mites aren't what's luring in the tourists. So, the Premier Hotel in Times Square is introducing "Premier Pure" rooms (and a fitness center), which have undergone hours of advanced allergen-sucking treatments, including high ozone shock and the application of bacteriostatic barriers. Sneezing won't screw up your next trip—unless, of course, you step outside.



# PRODUCTS GuineaPig



# How to Sanitize Your Schnoz

### TO TEST NOZIN NOSE SANITIZER

(\$10-\$15, nozin.com), which says it'll zap germs as they enter one's honker, we boarded a jet transporting a kindergarten class, 500 pounds of used Kleenex and Earth's last remaining smallpox sample. Actually, finding no handy source of virulence, all we could do was not wash our hands as often.

Nozin's key ingredient is ethyl alcohol, which frat boys will know as Everclear. Others sound imposing, but are not: Citrus sinensis (orange), Simmondsia chinensis (jojoba), Glycine soja (soy), plus a few antimicrobial chemicals. The brew comes in a hollow cotton swab; snap the stick and the stuff saturates the tip, which is rubbed just inside the nostrils. The sensation is astringent but not painful, like dipping one's sniffer in Scope. But we still don't know whether it works.



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# fit | Phys Ed

# Learn How To Walk This Way

There's more to good walking form than standing up straight. Proper positioning, foot alignment and a powerful push-off keep you walking longer and stronger. To make good technique second nature, do these exercises.

### **Shirt Pull**

→ LENGTHENS YOUR SPINE TO PREVENT SLUMPING: Cross your arms at the wrists in front of your waist. Now raise your arms as if you're pulling a shirt up and over your head. Grow taller as you reach up. Then lower your arms, letting your shoulders drop into place. Repeat frequently.

### **Pendulum Swing**

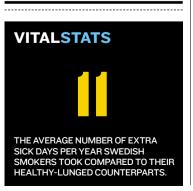
→ KEEPS YOUR HIPS LIFTED SO YOUR STRIDE IS SMOOTH: Holding onto something for support, balance on your right leg and swing your left leg forward and backward eight to 10 times without scuffing the ground. Repeat on the other side.

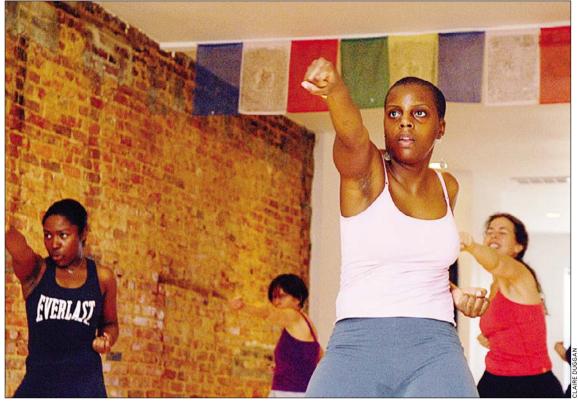
### **Heel-Toe Roll**

→ REALIGNS THE FEET AND KNEES: Stand with your feet parallel, one shoe-width apart. With your knees slightly bent, roll from heel to toe eight to 10 times, rocking back and forth down the center of your feet.

### **Kick Sand**

→ INCREASES PUSH-OFF POWER: Standing tall, scrape the ground with one foot as if to kick sand behind you, like a dog digging a hole. Use your whole leg, from the hip to the butt. Don't lean forward too much. Repeat six times on each side. MAGGIE SPILNER (REPRINTED WITH PER-MISSION OF PREVENTION © RODALE INC.)





NIA HIGH: Students, including Beyla Adero, front, feel the power they get from punching during a class at Yoga House.

# Nia Will Free Ya

Mix yoga, dance and martial arts — and voila!

its liberary about exercise as she was about porridge, she'd probably complain that yoga poses are too boring, dance routines too complex, aerobics classes too inexpressive and martial arts too violent. But perhaps she'd be content with Nia, a technique that blends the four in an attempt to be just right.

WHAT IT IS: Ever since two aerobics instructors in Portland, Ore., dabbled in various techniques to develop Nia in the early 1980s, their method has drawn fans with

its liberated approach to fitness. "We give you the forms, but you

have the freedom," explains
Angela "Padma" Maxwell,
a blue belt in Nia who's
been teaching at
Petworth's Yoga House
since September and just
started a class at SomaFit
in Glover Park. She might

demonstrate a move — a box step, a kick — but it's up to students to decide how to move their arms or which emotion to express.

Although the concept seems loosey-goosey, in practice, it's not. Each class is based on a specific routine developed by one of the two

founders, often performed several weeks in a row so students can experience it in different ways.

The concept of "no pain, no gain" is foreign here. Students are never supposed to move in any way that doesn't feel good. "You're your own inner physician," says Maxwell.

**MOVES:** Nia exercises are simple and short — no complex sequences, no static positions. Classes follow the standard aerobics-class progression of warm-up, cardio, toning and cooldown.

Maxwell starts by giving each class an intention, like stability in the glutes or understanding how to

create resistance with your muscles, and then dives into a routine. She might begin with toe raises, then tell everyone to do squats while creating dynamic movements with their upper bodies. Often a flowing step will end with a kick or block from martial arts, which is meant to make the dancers feel stronger and more powerful.

Once their heart rates are up,

### "We give you the forms, but you have the freedom."

the class members segue into self-directed movement. Maxwell likes to provide some structure for folks who aren't comfortable with total freedom, though, so every two counts, students strike new poses.

As cardio winds down, Maxwell slips in exercises such as push-ups. If there's time after the cooldown, she likes to end with shavasana, the ultimate in yoga relaxation: lying flat on your back.

**WORK OUT:** Your energy level is up to you. If you want to swing your arms lazily and approximate the steps, that's as much Nia as kicking your legs to the ceiling and punching furiously at the air. "I look like a red tomato by the end of class," says Meg Prior, 29, who likes to push herself to her limits. But even if sweat blankets your brow, you may not realize it until you see drips on the floor. "I've never been athletic. Even yoga is a chore for me," says Anna Amato, 47. "But even when this gets more strenuous, it doesn't feel hard." VICKY HALLETT (EXPRESS)

Saturdays, 9 a.m. at SomaFit (\$20, 2121 Wisconsin Ave. NW; somafit.com) or Sundays, 12 p.m. at Yoga House (\$17, 3634B Georgia Ave. NW; yogahouse.org).

### TIPS OF THE TOWN >> CHERRY BLOSSOM SEASON

### **Get Pumped With Flower Power**

■ Instead of celebrating the annual arrival of Washington's favorite flowers with a huge slice of cherry pie, use the opportunity to blossom into a better body for spring. While the runners had fairly cruddy weather on Sunday for the annual 10-miler, this week is looking divine for a scenic jog around the trees — either the ones ringing the Tidal Basin or their cousins in Kenwood. (Take the Capital Crescent Trail to River Road, turn so you're heading deeper into Maryland, and you'll soon hit the suburban mother lode.) Slow it down to a saunter for a tour of the trees. See



nps.gov/cherryforfree programs offering guided walks and bike rides. The view is just as lovely from the Tidal Basin, where you can pedal while admiring the petals. If you want to be certain to snag a boat, reserve in advance at tidalbasin paddleboats.com. And if you really want a workout, just try the city's traditional sport: tourist-dodging, v.H.

# Muscles in a Minute

Maintain that puffed-up look longer with these quick workouts

Sometimes we want our bodies to look their best right now. We'll tell you how to produce muscles on deadline, even if you've missed a workout or three.

First, some science. When you lift weights, your muscles contract and apply pressure to the blood vessels running through them. This impedes the normal flow of blood and oxygen. When you're finished, blood pressure subsides and backed-up blood and oxygen flood in, temporarily expanding your muscles. You can make that post-workout surge last longer with these moves.

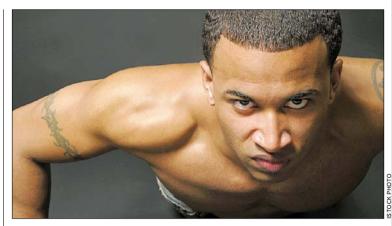
### **CHEST PUMP**

Perform as many pushups as you can in one minute. Without rest-

ing, move into a modified push-up position, your knees on the ground. Do as many repetitions as you can in one minute. Then, hold yourself about two inches off the ground for as long as you can. That's one superset. Rest only long enough for the burning in your muscles to subside. then repeat the superset twice.

### **ARM PUMP**

**OVEREXTENSION KICKBACK** Grab a dumbbell in your right hand and place vour left hand and knee on a bench. Plant your right foot on the floor. Bend forward at the hips so your torso is parallel to the floor. Hold the dumbbell next to your thigh with a neutral grip (palm facing your leg). Lift the weight up and back. As the weight clears your butt, rotate your palm up



toward the ceiling so that the back of your hand faces your body when your arm is straightened. Pause, then return to the starting position. Do three sets of eight repetitions with each arm.

**BENCH DIP** Place your hands behind

you on the edge of a bench and your feet on another bench in front of you. Ask someone to place weight plates on your lap. Lower your body until vour upper arms are nearly parallel to the floor. Pause, then press back to the starting position. As you fatigue, ask your spotter to remove one weight at a time; continue until vou can't do any more with only your body weight. Now, place your feet flat on the floor with your knees bent as if you were seated in an invisible chair; lower your body as before, completing as many repetitions as you can.

SUPINATING DUMBBELL CURL Hold light dumbbells at your sides, palms toward you. Curl the weights up, rotating your wrists inward 180 degrees by the time the weights reach vour shoulders. Reverse this motion as you lower the weights. Do three sets of eight to 12 repetitions. Then perform one set of preacher curls. Start with a weight that's about 80 percent of your maximum and do as many repetitions as you can. Remove 10 to 15 percent of the weight and start again without rest. Continue removing weight and curling until you can no longer curl the bar. SCOTT QUILL (REPRINTED WITH PERMISSION FROM MEN'S HEALTH © RODALE INC.)

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# t Wellness

### **Paging Dr. Quinn**

■ Women are better than men when dealing with matters of the heart. Seriously. A Swedish study presented to the American College of Cardiology showed that female physicians are more successful in controlling their patients' cholesterol and blood pressure levels. One possible reason: Female docs prescribed more statins. Researchers also suggested that women are simply better communicators than men. But didn't we already know that?



### State of the Wart

■ If anyone ever told you that duct tape cures warts, they were leading you astray. But, hopefully, you already knew that medical remedies involving strips of adhesive fabric are not to be trusted. A University of Minnesota team has ended that silliness with a study published in the March issue of the Archives of Dermatology. Their findings: Duct tape doesn't cure warts. It does make cool wallets,

### **Make Babies, Bacon**

■ Which do you want more: a hamburger or grandkids? A University of Rochester study found that expectant mothers who eat beef seven or more times a week tend to birth sons with lower sperm counts. Other animal flesh eaten during pregnancy did not affect the fertility of the resultant children, however. Yay bacon! To determine whether the problem is caused by all the hormones fed to American cows, researchers want to repeat the study in Europe, where such additives are verboten.

# Stethoscope Vision Quests Can End

Corrective eye surgery is becoming safer and more accessible

**Contact lenses that attract** debris are more irritating than Céline Dion or glasses that slip around like Shamu in baby oil.

No wonder 1.5 million Americans - many of them women in their 20s and 30s - get surgery to fix their vision every year. But 36 million contact-lens wearers still haven't, some because they were told they weren't good candidates for surgery and others because of those horror stories you hear at dinner parties: My cousin got lasered a few vears ago and now (choose one): sees worse than she did before, has problems with glare or spent a fortune getting her botched surgery fixed.

Those stories are way out of date. Not that laser surgery is perfect for every person. But over just the past few years, there have been so many improvements that you should take another look.

### Surgery is better now.

No doubt you've heard of LASIK (laser-assisted in situ keratomileusis), in which a laser beam reshapes your cornea. Now there's a better way of doing LASIK, incorporating a new procedure called wavefront analysis, which "allows a surgeon to see all the small irregularities in the eye and smooth these out during the procedure," says Dr. Brian Boxer Wachler of the Boxer Wachler Vision Institute in Beverly Hills, Calif. That means much better vision in the end, especially at night and under glare conditions, adds Dr.



Alan Carlson, chief of the corneal and refractive surgery service at Duke University Eye Center.

With wavefront analysis, you're also less likely to experience once-common side effects like "halos" around objects at night (a potential problem if you're very nearsighted). Before you schedule your appointment, ask whether your surgeon uses wavefront analysis and make sure she's completed a fellowship in refractive and corneal surgery, and has performed at least 1,000 procedures.

### More of us qualify for surgery.

Not so long ago, you might have been ruled out for surgery if you were very nearsighted or had very large pupils or thin corneas. That's because extreme nearsightedness and large pupils raise your risk for halo vision, and if you have thin corneas, it's a bad idea to shave off more corneal tissue.

### In the last few years, the FDA approved two implantable lenses.

But in the last few years, the FDA approved two implantable lenses: Verisyse in 2004 and Visian ICL in late 2005. Instead of reshaping the cornea with lasers, surgeons correct nearsightedness with an implantable lens that leaves the cornea intact. "The halo effect of LASIK is virtually unheard of with Visian ICL," Boxer Wachler says. Bonus: a quicker recovery time - just a few hours with Visian ICL versus a full day with LASIK.

### Surgery is less stressful.

The idea of someone messing with your orbs while you're awake (LASIK and implantable-lens patients get only numbing drops) isn't exactly relaxing. "In the past, people were afraid the procedure wouldn't work if they moved their eyes," Boxer Wachler says. Now you can ask your surgeon to use an eye tracker, new technology that follows your eye movements during the procedure. So, even if you can't stay perfectly still, the surgery will be accurate.

### No fungus among us.

But if you do decide to hold off on surgery and keep your contacts, here are three steps to stay healthy.

You've probably heard last year's news that more than 160 contact lens wearers had gotten a fungal eye infection called Fusarium keratitis, which inflames the cornea and can lead to serious vision loss. It turns out that some of the victims had neglected to change their lens solution daily, which increased their risk. To keep your peepers safe, clean your lens case with disinfecting solution and a paper towel every day and let it air-dry. Avoid "no-rub" lens solutions; rubbing solution into the lens with your thumb and index finger is better for clearing out germharboring oils and proteins. And if you want to be insanely careful, docs say not to shower while wearing your lenses, since tap water isn't sterile. (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Are you a personage from the Bible? Have you recently been to Jerusalem? You may have JERUSALEM SYNDROME, a delusional condition that strikes tourists in the holy city. Christian visitors often identify with New Testament characters, while afflicted Jews more frequently think they're Old Testament folks.  $Sometimes, the \, disorder \, manifests \, as \, an \, obsession \, with \, a \, religious \, concept \, instead.$ Other patients display a hodge-podge of symptoms, such as shouting psalms and delivering sermons. It's thought that the stress of travel, combined with intense religious excitement, sparks the psychosis, which usually fades upon returning home.

SOURCE: BRITISH JOURNAL OF PSYCHIATRY. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.

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# A Ballpark Buffet

Good grub for baseball players and their fans

If you think baseball players' meals consist solely of hot dogs and Cracker Jack, your noggin must have been knocked with one too many fly balls.

What the guys put in their bodies when they're not running bases matters very much to them, says Kazu Tomooka, who serves as the Washington Nationals' nutritionist and strength/conditioning coach. This season marks the first time several players have requested personal chefs to help them stick with Tomooka's tips, which include choosing chicken over steak, and swapping salt and pepper for mayo.

"I just recommend. I can't make them eat anything," he says. But he can wag his finger and link nasty dietary habits with losing games: "With junk food you get fatigued and perform badly."

Extra exercise doesn't justify an anything-goes diet, says ZoneChefs' Philip Andriano, who's fed the Yankees' Jason Giambi and other New York-area athletes. To get the guys juiced, Andriano whips up meals such as ricotta pancakes and homemade granola with yogurt. If they eat hot dogs, they're made of chicken and topped with homemade, low-sodium sauerkraut.

The key, he says, is for players to stabilize their insulin levels. Simple carbs spike energy, but the downfall can be disastrous. "Eating fruits and vegetables, you have that same energy, but it breaks down more slowly," explains Andriano, who also prepares six-egg omelets to boost the players' protein intake.

If skinny outfielders worry about their waistlines, so should the fans in the stands, whose only exercise during a game is doing the wave. One way to trim calories: Always opt for light beer. "If you do drink beer," says Andriano, "use that as your carb for the meal, so you eat the burger but not the bun."

With vendors ceaselessly singing out the names of tempting treats. these rules are tricky to follow — but you don't always have to, according to Ann Litt, Redskins nutritionist and an avid baseball fan. If you're



a season-ticket holder and plan to dine at the game once or more a week, you might want to explore the healthier options offered, such as wraps, salads and veggie dogs. (Litt's a fan of the pulled turkey at Camden Yards.) But if it's your one game of the year, Litt gives you permission to wolf down whatever you want. After all, she's eaten the stadium version of a grilled-chicken sandwich, and it's just not that good.

It's unlikely that regular ballpark fare will qualify as healthy anytime soon. Aramark, which runs concessions at both ballparks, has switched to trans fat-free oils for cooking, but the foods that go into the fryer often start out laden with the stuff (along with plenty of the saturated variety). Snacks that do make the grade with Litt are usually the worst sellers — Aramark spokesman David Freireich says only a handful of the "healthful" options are sold at each game. On opening day at RFK, the projected number of hot dogs eaten is 13,000. Slices of pizza? 1,000.

Don't think you have to eat ballpark-style while watching the game on TV, though. "You can have sushi," Litt advises. Andriano is a fan of peanut butter and jelly on whole wheat as a comfort food without a crazy calorie count. If you're firing up the grill, go for veggies such as zucchini, tomatoes and red bliss potatoes (with a little barbecue sauce for zing), he recommends.

If you're playing on your company softball team, it's unlikely you're working as hard as the pros. Nationals third baseman Ryan Zimmerman might have trouble keeping on weight during the season — don't worry, Tomooka is on it — but your only real concern is keeping hydrated. Water is always superior to soda, Litt says. And it can't hurt to tote along a piece of fruit or a granola bar. "Baseball is a long game," she says, and it's better to perk up with snacks between innings than going for a triple at the pizza parlor after your team wins. VICKY HALLETT (EXPRESS)

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Robert Hein and Deborah Fenwick

Little did I know that my neighbors pestering me to go to HealthFair would save me from having a stroke. Ray, who lives next door, had gone to HealthFair in December, where they found a large aneurysm on his aorta. With urgent surgery, the HealthFair test saved Ray's life. After that, every time I saw Barbara. Ray's wife, she asked me when I was going to HealthFair to get tested. I finally agreed to go, and I am very glad I did. HealthFair found that I had a very clogged carotid artery and told me to see my doctor immediately. I was shocked. I always have regular and vigorous physical exams. I'm 63 years old, slim built, don't smoke, eat a fairly low-fat diet, and exercise regularly. I ride my bike 25 miles twice a week, play softball four days a week, and play golf. I have normal blood pressure, normal cholesterol, and a healthy heart. Within a week of the HealthFair screening, I was in Ocala Regional Hospital having surgery on the clogged artery. Many of the hospital staff were surprised by my condition considering my otherwise good health. My surgeon, Dr. Earl Stewart, told me the artery was over 80% blocked and the plaque unstable. He was surprised that I hadn't already had a stroke, and was sure I would've had one soon without surgery. Within a week of surgery, I was up and able to resume my normal activities. HealthFair provided a miracle for me and my neighbor, Ray, I think everyone should have the screening. It's the best money I have ever spent. Sincerely, Robert Hein



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Silver Spring, MD April 6th Residence Inn 12000 Plum Orchard Dr.

Sunrise Reston Town Center

1778 Fountain Drive Gaithersburg, MD

April 19th Residence Inn - Washingtonian Center 9721 Washingtonian Blvd.

Bethesda, MD April 25th Doubletree Hotel Bethesda

Rockville, MD April 13th **Courtyard By Marriot** 2500 Research Blvd.

> Chevy Chase, MD April 21st Chevy Chase Athletic Club 5454 Wisconsin Ave.

Fort Washington, MD April 14th World Gym Fitness Center 12746 Old Fort Rd.

Vienna, VA Residence Inn 8400 Old Courthouse Rd.

Fairfax Presbyterian Church 10723 Main St.

> Silver Spring, MD April 28th **Courtyard By Marriott**

April 17th Hilton Springfield 6550 Loisdale Rd.

Herndon, VA April 24th Hilton Washington Dulles Airport 13869 Park Center Rd.

Springfield, VA

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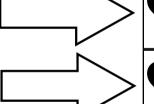
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